



35 HEALTHY COPING SKILLS IDEAS

TO HELP EMPTY MY STRESS BUCKET

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NAME THE
EMOTION I FEEL



SLOW MINDFUL
BREATHS (BELLY
BREATHING)



DRINK WATER



SPLASH MY FACE
WITH COOL WATER



ASK FOR HELP



HELP SOMEONE ELSE



GO FOR A RUN /
WALK / DO SOME
EXERCISE



DRAW, PAINT OR
COLOUR



FOCUS ON THINGS
THAT ARE IN MY
CONTROL



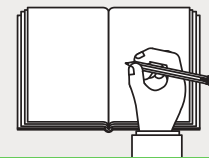
USE KIND AND
COMPASSIONATE
SELF-TALK



REMIND MYSELF OF
SOMETHING I COULD
BE THANKFUL FOR



WRITE IN MY DIARY/
JOURNAL



PLAN AN ACTIVITY
YOU ENJOY - TO DO
LATER



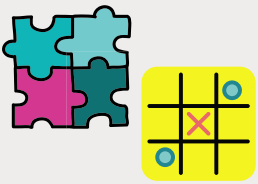
TALK TO SOMEONE
I TRUST



PLAY WITH A FIDGET
TOY OR STRESS BALL



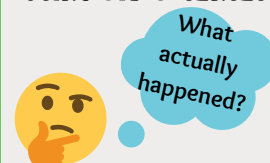
DO A PUZZLE



READ A BOOK OR
COMIC I ENJOY



CHECK THE FACTS
USING MY 5 SENSES



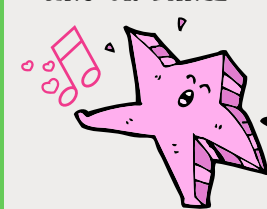
TAKE A BREAK,
REST, NAP OR SLEEP



THINK OF A PLAN TO
SOLVE A PROBLEM I
HAVE



SING OR DANCE



LISTEN TO MUSIC
I LIKE



LEARN OR TRY
SOMETHING NEW



KICK, BOUNCE OR
PLAY WITH A BALL



BUILD SOMETHING



WATCH A COMEDY
PROGRAMME / LAUGH



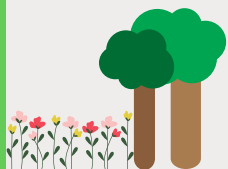
TAKE A BREAK FROM
SOCIAL MEDIA, MY
PHONE OR IPAD



ASK FOR A HUG /
HUG A CUDDLY TOY
OR PET



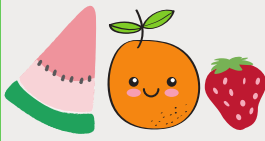
GO OUT INTO
NATURE



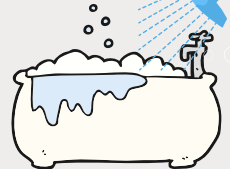
PLAY WITH SLIME
OR PLAY DOUGH



EAT SOMETHING
HEALTHY WHICH I LIKE



TAKE A SHOWER /
BATH



LISTEN TO A GUIDED
MEDITATION / DO
PROGRESSIVE MUSCLE
RELAXATION



HAVE A CRY



MY OWN IDEA:
