

Coping Skills Checklist

1. Check off the ones you do already
2. Circle the ones you want to try
3. Cross off the ones that don't work for you

Calming Skills

- Deep breathing
- Take a mindful walk
- Yoga
- Imagine your favourite place
- Sing or dance
- Positive self-talk
- Take a shower or bath
- Take a break from your work
- Have a drink of water
- Spend time outside
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Distraction Skills

- Bake or cook
- Watch your favourite tv show
- Random acts of kindness
- Read
- Do your chores
- Play video games
- Call a friend
- Start a new hobby
- Cuddle your pet
- Do some exercise
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