Coping Baby Steps

|  |  |
| --- | --- |
| Take 3 slow deep breaths |  |
| Go for a walk |  |
| Smile |  |
| Do something kind for someone |  |
| Write or say 3+ things you are grateful for |  |
| Learn the technology to reach out to someone on a video call |  |
| Watch a comedy show/movie |  |
| Reflect on a beautiful memory |  |
| Ask someone to sit with you silently |  |
| Start an herb or flower garden |  |
| Do your hair differently |  |
| Listen to your favorite song |  |
| Use kinder words with yourself |  |
| Take a warm bath |  |
| Write down 2 of your strengths |  |
| Get a foot massage |  |
| Focus on your senses - one thing you can see, hear, smell, taste, and touch |  |
| Hold someone’s hand |  |
| Smell some lavender/essential oils |  |
| Spend 5-10 minutes stretching |  |
| Journal a thought or feeling |  |
| Ask for a hug |  |
| Complete a mindfulness exercise:  Search the Insight Timer App (search stress management/self-compassion)  YouTube video (search mindfulness/meditation/relaxation)  Pinterest (coping skills list/positive activities/hobbies/ etc.) |  |
| Look at pictures/videos of positive memories |  |
| Breath in some fresh air |  |
| Give yourself a home facial |  |
| Connect with someone (call/social media) |  |
| Spend 10 minutes gardening |  |
| Just dance |  |
| Make your own play dough |  |
| Hug a soft pillow |  |
| Read a poem |  |
| Spend 2 minutes focusing on a beautiful picture |  |
| Learn a new hobby/language |  |
| Rearrange your furniture |  |
| Color something (Mandala/Circles) |  |
| Look up a positive YouTube video |  |
| Snuggle in your favorite blanket |  |
| Try a yoga pose |  |
| Rub your favorite lotion on your hands |  |
| Tell yourself something positive |  |
| Cook or bake something new |  |
| Work on a puzzle |  |
| Misc: |  |

**Start each week with 1-2 of the tasks above. Check them off as you complete them. When too sad, too mad, or too worried find another**