

101 COPING SKILLS FOR TEENS

TELL SOMEONE YOU ARE THANKFUL FOR THEM

- say something kind to yourself
- say, "I can do this"
- ask yourself, "what do I need right now?"
- give someone a hug
- use positive self-talk
- talk to a friend
- laugh**
- COMPLIMENT SOMEONE**
- PLAY A CARD GAME**
- seek out the company of others
- think of something funny
- call an old friend
- express your feelings to someone
- TALK TO AN ADULT**
- hum your favorite song
- make a music playlist
- sing and dance around your room
- listen to music
- DANCE**
- PLAY AN INSTRUMENT**
- bounce ball 100 times
- take pictures
- think of something happy
- PLAN A FUN TRIP**
- look at pictures you've taken

READ A BOOK

- read inspirational quotes
- do your homework
- NOTICE 5 THINGS YOU CAN SEE**
- fog in place
- play sports
- TAKE A QUICK WALK
- set a goal
- PLAY WITH CLAY**
- close your eyes and relax
- meditate
- hug a pillow or stuffed animal
- WALK YOUR DOG**
- think of a pet you love
- make a list of your favorite coping skills
- ORGANIZE YOUR CLOSET**
- TAKE A HOT SHOWER**
- get enough sleep
- sit outside
- watch the sunset
- LAY IN THE GRASS AND LOOK UP AT THE SKY**
- hold an ice cube or take a cold shower
- DRINK COLD WATER**
- do something you love
- eat a healthy snack
- ask for a break
- ask an adult for help
- UNPLUG FROM ELECTRONICS**
- clean something
- listen to nature sounds
- TAKE A TIME OUT**
- garden**
- SUCK ON A PEPPERMINT OR LIFESAVER**

focus on an object

try some aromatherapy (candle, lotion, spray)

slowly count to 10

STAND UP AND STRETCH

do a positive activity

practice yoga

visualize your favorite place

use a relaxation app

list your positive qualities

identify your emotions

write down your thoughts

DRINK SOME TEA

bake deep breaths

C R Y it O U T

make a list of choices

make a list for the future

punch a pillow

color

draw cartoons

PAINT YOUR EMOTIONS

write in a journal

LIST 10 POSITIVES ABOUT YOURSELF

make your day's schedule

paint your nails or do a makeup tutorial on YouTube

COUNT TO 100