

COPING ACTIVITIES

WHEN YOU NEED A HELPING HAND

Activities to Do with Others

- ✦ Plan a movie night with a family member/friend
- ✦ Reach out to a friend and invite them to come over to your house, go to the movies, the park, dinner, or do anything else together
- ✦ Confide in a friend
- ✦ Go to a supportive friend's house
- ✦ Strike up a conversation with someone close to you
- ✦ Play/spend time with children
- ✦ Plan a night in to cook and/or bake with a family member/friend
- ✦ Meet a friend for coffee/tea at a new coffeehouse/teahouse
- ✦ Start a new TV series with a friend
- ✦ Text an old friend that you're thinking of them
- ✦ Host a potluck at your family member/friend's house or your own
- ✦ Plan a beach day with family/friends

Soothing/Relaxing Activities

- ✦ Close your eyes, take a couple of deep breaths, and focus on the sounds around you, describing each sound you identify in your head
- ✦ Hyper focus on all the features of a physical object (e.g., a vase, a bedspread, figurine)
- ✦ Light your favorite scented candle (e.g., lavender, almond, eucalyptus)
- ✦ Take a nap
- ✦ Try a guided meditation on YouTube
- ✦ Try out a simple yoga routine
- ✦ Have a spa day (e.g., take a bubble bath, do your nails, give yourself a facial)
- ✦ Listen to calming music
- ✦ Play with/take care of your pet
- ✦ Face paint/try out a new make-up look
- ✦ Write yourself an "I love you because..." letter
- ✦ Scribble/doodle in a notebook
- ✦ Bake cookies, brownies, and/or cupcakes
- ✦ Read a book
- ✦ Build a pillow and blanket fort
- ✦ Watch an old happy movie (maybe one from your childhood)

Distracting Activities

- ✦ Play a video game
- ✦ Go somewhere and people-watch
- ✦ Watch funny videos online
- ✦ Read a book or magazine
- ✦ Listen to music
- ✦ Observe/focus on the beauty around you (e.g., the grass, sky, artwork)
- ✦ Go for a walk/drive
- ✦ Watch an episode of your favorite TV show
- ✦ Play the 15-minute game (focus on a task for 15 minutes, when time is up, move on to another task)
- ✦ Squeeze a pillow or stuffed animal as hard as you can
- ✦ Watch a movie
- ✦ Try to make as many words as you can out of your full name

Inspirational/Future-Oriented Activities

- ✦ Read a passage of a religious text and contemplate its meaning
- ✦ List as many things/people/situations you are grateful for in your life
- ✦ Text or call an old friend to catch up
- ✦ Plan your dream room in your home
- ✦ Look for your dream car or house online
- ✦ Pray/meditate
- ✦ Volunteer to pick up trash at a park/beach
- ✦ Make a list of your goals for the day, week, month, and/or year
- ✦ Clean a section of your home or rearrange furniture in a room for a new environment
- ✦ Go out and smile at 5 people you walk past/interact with
- ✦ Plan for an upcoming event/occasion (e.g., a wedding, a birthday, an anniversary)
- ✦ Search for a new song, artist, and/or album to listen to
- ✦ Plant some seeds in the ground or a planter and research how to care for them
- ✦ Perform a random act of kindness (e.g., compliment someone, hold a door open, help someone with their groceries)
- ✦ Feed the ducks, birds, and/or squirrels at a local park and/or in your backyard/porch

Stress Reduction Activities

- ✦ Take a break from a stressful situation/circumstance
- ✦ Distance yourself from toxic and/or negative people
- ✦ Step away from harsh criticism
- ✦ Take time off from activities that feel pressuring
- ✦ Call a help hotline or contact your therapist
- ✦ Go to a live concert
- ✦ Spend time in a positive, calming environment
- ✦ Take a deep breath, hold it for 3 seconds, and release (repeat as needed)
- ✦ Take a leisurely walk outside
- ✦ Light some candles and take a warm bath
- ✦ Turn on an oil diffuser
- ✦ Get a massage

Sensation/Sensory Awareness Activities

- ✦ Listen to loud music
- ✦ Allow yourself to cry
- ✦ Hug a friend/family member
- ✦ Take a very hot or very cold shower
- ✦ Exercise (e.g., take a brisk walk, jog, swim, ride a bike)
- ✦ Snap a rubber band on wrist
- ✦ Hold ice in the palm of your hand and focus on the sensation
- ✦ Squeeze a pillow or stuffed animal as hard as you can
- ✦ Stretch, bringing awareness to the tense parts of your body
- ✦ Jump on a trampoline
- ✦ Do a handstand/cartwheel/backbend (always being mindful of your body's limitations)
- ✦ Spend time in a public setting (e.g., a coffee shop, the mall, a park) and listen closely to the sounds around you
- ✦ Get a temporary tattoo
- ✦ Hit a punching bag until you tire
- ✦ Rip up a piece of paper into smaller and smaller pieces
- ✦ If you know how to swim, jump into a pool or the ocean
- ✦ Mold clay into various shapes with your hands

Creative/Feel Good Activities

- ✦ Learn more about a topic that interests you
- ✦ Do a word search/crossword puzzle
- ✦ Knit, sew, and/or crochet
- ✦ Write a poem or song
- ✦ Color, paint, or draw
- ✦ Memorize a play, poem, song, or favorite movie/TV quotes
- ✦ Color coordinate clothing
- ✦ Dedicate time toward doing something for yourself that you have been putting off (e.g., making a doctor's appointment, cleaning/organizing your room/office)
- ✦ Shop for something you need
- ✦ Try a new hobby you've always wanted to try
- ✦ Sing or play a musical instrument
- ✦ Get a group of friends together and play a sports game (e.g., soccer, football, basketball)
- ✦ Ride a bicycle around your neighborhood or nearby park
- ✦ Build a puzzle alone or with friends/family
- ✦ Make a "feel good" playlist with your favorite songs
- ✦ Start collecting something (e.g., magnets, postcards, keychains)
- ✦ Find a recipe that interests you and cook/bake it for someone you love (including yourself)
- ✦ Start learning a new language
- ✦ Build something with modeling clay or playdough
- ✦ Tell your kids and/or grandkids you love them
- ✦ Dance to a song you like