



Purpose

The purpose of this resource is to provide helpful options to use for developing new coping skills or distractions during times of need.

Information

<ul style="list-style-type: none">1. Exercise (running, walking, etc.).2. Put on fake tattoos.3. Write (poetry, stories, journal).4. Scribble/doodle on paper.5. Be with other people.6. Watch a favorite TV show.7. Post on web boards, and answer others'.8. Go see a movie.9. Do a word search or crossword.10. Do schoolwork.11. Play a musical instrument.12. Paint your nails, do your make-up or hair.13. Sing.14. Study the sky.15. Punch a punching bag.16. Put Band-Aids where you want to cut.17. Let yourself cry.18. Take a nap (only if you are tired).19. Take a hot shower or relaxing bath.20. Play with a pet21. Go shopping.22. Clean something.23. Knit or sew.24. Read a good book.25. Listen to music.	<ul style="list-style-type: none">26. Aromatherapy (candle, lotion).27. Meditate.28. Bake cookies.29. Alphabetize dvd/books30. Paint or draw.31. Rip paper into itty-bitty pieces.32. Do handstands, cartwheels, or backbends.33. Yoga.34. Make hot chocolate, milkshake or smoothie.35. Play with modeling clay or Play-Dough.36. Build a pillow fort.37. Go for a nice, long drive.38. Do something you've been putting off.39. Draw on yourself with a marker.40. Take up a new hobby.41. Look up recipes, cook a meal.42. Look at pretty things, like flowers or art.43. Create or build something.44. Pray.45. Make a list of blessings in your life.46. Read religious text47. Go to a friend's house.48. Jump on a trampoline.49. Watch an old, happy movie.	<ul style="list-style-type: none">50. Contact a hotline/ your therapist.51. Talk to Sibly.52. Talk to someone close to you.53. Ride a bicycle.54. Feed the ducks or birds55. Color with Crayons.56. Memorize a poem, play, or song57. Clean your room /closet.58. Teach your pet a new trick.59. Learn a new language.60. Stretch61. Play Frisbee, soccer or basketball with friends.62. Google ridiculous things on the internet.63. "Shop" on-line (without buying anything).64. Color-coordinate your wardrobe/closet.65. Watch fish.66. Make a CD/playlist of your favorite songs.67. Avoid something for 15 min, then start again.68. Plan your wedding/ prom/ other event.69. Hyperfocus on something like a rock, hand, etc.
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