

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

<ol 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 pet 21. Go shopping. 22. Clean something. 23. Knit or sew. 24. Read a good book. 25. Listen to music. 	<ol style="list-style-type: none"> 26. Aromatherapy (candle, lotion). 27. Meditate. 28. Bake cookies. 29. Alphabetize dvd/books 30. 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 text 47. Go to a friend's house. 48. Jump on a trampoline. 49. Watch an old, happy movie. 	<ol 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 birds 55. Color with Crayons. 56. Memorize a poem, play, or song 57. Clean your room /closet. 58. Teach your pet a new trick. 59. Learn a new language. 60. Stretch 61. 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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