

Coping Skills

Grounding & Relaxation

- Deep breathing
- Progressive muscle relaxation
- Guided imagery or visualization
- Listening to calming music
- Aromatherapy or scents that soothe

Emotional Expression

- Journaling or writing
- Creating Art
- Talking with a friend
- Using “I feel” statements
- Keeping a mood tracker to notice patterns

Physical/Active

- Taking a walk or exercising
- Stretching or yoga
- Dancing or moving to music
- Doing chores or physical tasks to release tension
- Engaging in sports or outdoor activities

Cognitive & Mindset

- Identifying negative thoughts
- Practicing gratitude
- Reframing situations in a positive or neutral light
- Creating a list of past successes or strengths
- Using affirmations or positive self-talk

Social & Connection

- Calling or texting a supportive friend or family member
- Joining a group or class
- Volunteering or helping someone else
- Expressing appreciation or kindness

Sensory Coping

- Splashing cold water on your face
- Holding an ice cube
- Chewing gum
- Engaging in tactile activities like kneading clay or sand
- Looking at photos or items that evoke positive memories

Distraction/Engagement

- Watching a favorite show or movie
- Reading a book or magazine
- Playing games
- Trying a new hobby or craft
- Listening to podcasts

Safety/Grounding

- Making a “safe space” in your home
- Creating a personal safety plan for intense emotions
- Using grounding techniques

Your Coping Skills



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