

# COPING TOOLS: What Helps Me

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|---|--|
| <input type="checkbox"/> Read A Book or Magazine             | <input type="checkbox"/> Ride a Bike or Skateboard            |
| <input type="checkbox"/> Hug or Climb a Tree                 | <input type="checkbox"/> Create Origami                       |
| <input type="checkbox"/> Journal or Write a Letter           | <input type="checkbox"/> Cook or Bake                         |
| <input type="checkbox"/> Use Kind & Compassionate Self-Talk  | <input type="checkbox"/> Ask for Help                         |
| <input type="checkbox"/> Make a Collage or Scrapbook         | <input type="checkbox"/> Talk to Someone You Trust            |
| <input type="checkbox"/> Rest, Nap or Take a Break           | <input type="checkbox"/> Weave, Knit or Crochet               |
| <input type="checkbox"/> Go on a Hike, Walk or Run           | <input type="checkbox"/> Build Something                      |
| <input type="checkbox"/> Take Good Care of the Earth        | <input type="checkbox"/> Get a Hug                           |
| <input type="checkbox"/> Drink Water                        | <input type="checkbox"/> Visualize a Peaceful Place         |
| <input type="checkbox"/> Play a Board Game                 | <input type="checkbox"/> Stretch                            |
| <input type="checkbox"/> Do Something Kind                 | <input type="checkbox"/> Make Art                           |
| <input type="checkbox"/> Make and Play with Slime          | <input type="checkbox"/> Use Positive Affirmations          |
| <input type="checkbox"/> Discover Treasures in Nature      | <input type="checkbox"/> Take Slow, Mindful Breaths         |
| <input type="checkbox"/> Take a Shower or Bath             | <input type="checkbox"/> Clean, Declutter or Organize       |
| <input type="checkbox"/> Exercise                          | <input type="checkbox"/> Use Aromatherapy                   |
| <input type="checkbox"/> Drink a Warm Cup of Tea           | <input type="checkbox"/> Cry                                 |
| <input type="checkbox"/> Forgive, Let Go, Move On          | <input type="checkbox"/> Try or Learn Something New         |
| <input type="checkbox"/> Practice Yoga                     | <input type="checkbox"/> Listen to Music                    |
| <input type="checkbox"/> Garden or Do Yardwork             | <input type="checkbox"/> Use a Stress Ball or Other Fidget  |
| <input type="checkbox"/> Jump on a Trampoline              | <input type="checkbox"/> Get Plenty of Sleep                |
| <input type="checkbox"/> Cuddle or Play with Your Pet      | <input type="checkbox"/> Kick, Bounce or Throw a Ball       |
| <input type="checkbox"/> Practice Gratitude                | <input type="checkbox"/> Take or Look at Photographs        |
| <input type="checkbox"/> Do a Puzzle                       | <input type="checkbox"/> Eat Healthy                        |
| <input type="checkbox"/> Blow Bubbles                      | <input type="checkbox"/> Play Outside                       |
| <input type="checkbox"/> Smile and Laugh                   | <input type="checkbox"/> Sing and/or Dance                  |