HEALTHY COPING STRATEGIES CHECKLIST

Practice breathing

Practice muscle relaxation

Repeat positive coping statements

Using breathing and coping statements together

Visualize a comforting scene/person

Practice thought stopping

Listen to music

Read a book

Take some private time to relax

Talk to another person

Move around/engage in physical activity (e.g., walking, hiking, stretching, yoga)

Stay in the present

Engage in simple, repetitive activity

Focus on something

Express yourself

# Add three of your own favorites

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