

Small steps make a big difference

100 Coping Skills CHECKLIST

Different tools • Same goal • A calmer, stronger you



FEELING

Notice what you're feeling (no judgment).



PAUSE

Take a breath. Create space.



CHOOSE A SKILL

Pick a coping skill that fits your needs.



NEXT STEP

Feel a little more in control. Keep going.



1. BREATHING AND BODY-CALMING COPING SKILLS

- ☐ 11. Slow diaphragmatic breathing
- ☐ 12. Longer-exhale breathing
- ☐ 13. Box breathing
- ☐ 14. Progressive muscle relaxation
- ☐ 15. Unclench your jaw
- ☐ 16. Drop your shoulders
- ☐ 17. Gentle stretching
- ☐ 18. Shake out tension
- ☐ 19. Slow your movements
- ☐ 20. Take a deliberate pause



2. GROUNDING AND SENSORY COPING SKILLS

- ☐ 11. Five-senses grounding
- ☐ 12. Hold a textured object
- ☐ 13. Notice your feet
- ☐ 14. Use cool water
- ☐ 15. Describe your surroundings
- ☐ 16. Hold something warm
- ☐ 17. Listen for distant sounds
- ☐ 18. Notice five physical sensations
- ☐ 19. Use a calming scent
- ☐ 20. Change your sensory environment



3. MOVEMENT AND EXERCISE COPING SKILLS

- ☐ 21. Take a short walk
- ☐ 22. Dance to one song
- ☐ 23. Do jumping jacks
- ☐ 24. Go for a bike ride
- ☐ 25. Stretch while listening to music
- ☐ 26. Climb stairs
- ☐ 27. Try yoga
- ☐ 28. Do a quick workout
- ☐ 29. Walk somewhere green
- ☐ 30. Do ordinary chores with movement



4. CREATIVE COPING SKILLS

- ☐ 31. Draw what you're feeling
- ☐ 32. Color a page
- ☐ 33. Make a collage
- ☐ 34. Paint freely
- ☐ 35. Make something with clay
- ☐ 36. Take photographs
- ☐ 37. Make a playlist
- ☐ 38. Try a simple craft
- ☐ 39. Build something
- ☐ 40. Create a mood board



5. JOURNALING AND WRITING COPING SKILLS

- ☐ 41. Brain-dump journaling
- ☐ 42. Write an unsent letter
- ☐ 43. Name the emotion
- ☐ 44. Write what you can control
- ☐ 45. Journal about what you need
- ☐ 46. Write a self-compassion note
- ☐ 47. Make a gratitude list
- ☐ 48. Write the next tiny step
- ☐ 49. Use journal prompts
- ☐ 50. Write a coping reminder



6. MINDFULNESS AND RELAXATION COPING SKILLS

- ☐ 51. Mindful breathing
- ☐ 52. Body scan
- ☐ 53. Mindful eating
- ☐ 54. Guided meditation
- ☐ 55. Visualization
- ☐ 56. Mindful walking
- ☐ 57. Observe a single object
- ☐ 58. Listen to one song mindfully
- ☐ 59. Gratitude pause
- ☐ 60. Do one task without multitasking



7. SOCIAL AND CONNECTION-BASED COPING SKILLS

- ☐ 61. Text someone you trust
- ☐ 62. Call a friend or family member
- ☐ 63. Ask someone to sit with you
- ☐ 64. Talk to a trusted adult
- ☐ 65. Spend time with a pet
- ☐ 66. Join an ordinary activity
- ☐ 67. Ask for specific support
- ☐ 68. Write a message to someone else
- ☐ 69. Spend time in a supportive group
- ☐ 70. Reach out to a professional



8. DISTRACTION AND ABSORPTION COPING SKILLS

- ☐ 71. Read a book
- ☐ 72. Watch a familiar show
- ☐ 73. Do a puzzle
- ☐ 74. Play a game
- ☐ 75. Organize a small task
- ☐ 76. Learn something new
- ☐ 77. Do a focused hobby
- ☐ 78. Cook or bake
- ☐ 79. Sort photos or memories
- ☐ 80. Set a short distraction timer



9. COMFORT AND SELF-CARE COPING SKILLS

- ☐ 81. Take a warm shower
- ☐ 82. Change into comfortable clothes
- ☐ 83. Make a comforting drink
- ☐ 84. Tidy your space
- ☐ 85. Rest without guilt
- ☐ 86. Get outside for fresh air
- ☐ 87. Make your environment quieter
- ☐ 88. Prepare something nourishing
- ☐ 89. Create a comfort corner
- ☐ 90. Take a screen break



10. PROBLEM-SOLVING AND PRACTICAL COPING SKILLS

- ☐ 91. Name the actual problem
- ☐ 92. Separate facts from assumptions
- ☐ 93. Break the problem into steps
- ☐ 94. Choose the next five-minute action
- ☐ 95. Make a backup plan
- ☐ 96. Set one boundary
- ☐ 97. Ask for practical help
- ☐ 98. Postpone a non-urgent decision
- ☐ 99. Make a coping plan for a known trigger
- ☐ 100. Review what worked afterward

— ♡ You've got this ♡ —