

A-Z COPING SKILLS



A - Affirmations.

Swap for realistic, steady words.



B - Breathing.

Slow, even breaths interrupt stress.



C - Coloring.

A quiet, creative mental pause.



D - Distraction.

A safe, deliberate mental break.



E - Exercise.

Move, stretch, dance. Any movement counts.



F - Funny Videos.

Watch something lighthearted.



G - Gratitude.

List things you are thankful for.



H - Healthy Snack.

Fuel your body and mind.



I - Ice Water.

A sudden temperature change grounds you.



J - Journaling.

Write what happened, what you feel. Use prompts if needed.



K - Kindness.

Be kind to yourself or others.



L - Learn Something Basic phrasebook.

A quick, focused lesson.



M - Music.

Play music to match or shift your mood.



Music.

A quick, focused or shift your mood.



Play music to match or bassortmood.



Nature.

Spend a minute outside.



Organizing.

A tidy task for focus.



P - Play.

Engages the playful mind.



Quiet Time.

Rest in silence for a few minutes.



Reach Out.

Text or call a trusted person.



Sensory Grounding.

Focus on what you see, feel, hear.



Treat Yourself.

A simple, kind self-reward.



Unplug.

Take a digital break.



Visualize a Safe Space.

Imagine a place where you feel safe.



W - Water.

Drink a full glass of water.



X - X-tinguish stress.



Yoga.

Gentle physical movement.

Z - Zen Out.

Find a moment of still peace.

