

ABC Coping Skills

A — Art 

B — Breathing 

C — Count to 10

D — Dance

E — Exercise

F — Friend (call a)

G — Grounding

H — Hug a pet

I — Journal

J — Joke (read one)

K — Kindness 
(do an act of)

L — Laugh

M — Music

N — Nature Walk

O — Outside (go)

L — Laugh 

M — Music

N — Nature Walk

O — Outside (go)

P — Paint

Q — Quiet Time

R — Read

S — Sing 

T — Tidy 

U — Unplug

V — Visualize
(a calm place)

W — Write
(thoughts down)

X — eXercise
(extra!)

Y — Yoga

Z — Zizz
(take a nap)

