

MOVEMENT & EXERCISE COPING SKILLS

1



TAKE A SHORT WALK

Walk around home, workplace, school, neighborhood.

- Best for: stress, frustration, overthinking.

2



DANCE TO ONE SONG

Put on a song you enjoy and move naturally.

- Best for: low mood, restlessness, tension.

3



DO JUMPING JACKS

Brief burst of movement to channel energy.

- Best for: agitation, frustration, restlessness.

4



GO FOR A BIKE RIDE

Ride at a comfortable pace for repetitive focus.

- Best for: stress, mental fatigue.

5



STRETCH WHILE LISTENING TO MUSIC

Combine slow stretches with mood-matched music.

- Best for: tension, low energy.

6



CLIMB STAIRS

Walk up and down for a short period.

- Best for: restlessness, frustration.

7



TRY YOGA

Follow a gentle yoga sequence for breathing and control.

- Best for: stress, body tension.

8



DO A QUICK WORKOUT

5-15 minutes of simple exercises.

- Best for: stress, anger, restless energy.

9



WALK SOMEWHERE GREEN

Walk through a park or natural setting.

- Best for: stress, mental fatigue.

10



DO ORDINARY CHORES WITH MOVEMENT

Sweep, tidy, fold laundry while moving.

- Best for: frustration, overwhelm, stuck feelings.

