

Creative Coping Skills



Draw what you're feeling — Use shapes, colors, lines... for sadness, anger, confusion



Color a page — Choose a coloring page... for anxiety, restlessness



Make a collage — Combine old magazines... for self-expression, confusion, reflection



Paint freely — Put colors on paper... for anger, emotional release



Make something with clay — Shape, flatten, roll... for tension, frustration



Take photographs — Look for interesting colors, textures... for grounding, low mood



Make a playlist — Choose songs that match or shift... for sadness, loneliness, emotional processing



Try a simple craft — Knit, crochet, fold paper... for anxiety, restlessness



Build something — Use blocks, a model kit... for frustration, rumination



Create a mood board — Collect images, colors, words... for self-reflection, low motivation

