

Coping Skill Idea

Relaxation	Stop and breath slowly
	Consider prayer, meditation, tai chi, or biofeedback
	Take a five minute vacation
	Listen to music
	Work outside
Exercise	Keep a journal
	Do music, arts, gardening, knitting etc
	Make a time for exercise
Healthy diet	Do stretches
	Eat a balanced, healthful diet, including a variety of foods
	Limit your intake of seetened foods/drinks, caffeine, and alcohol
Spiritual and ritual	Consider a multivitamin
	Engage with spiritual things (e.g. church)
	Periodically do something just for yourself: Take a new calss, relax in a bubble bath
Social support	Call someone
	Talk to someone
	Connect with friends
	Professional support (counseling)
	Find group, neiboughr, and community support
Social skill	Understand appropriate behaviors for certain situation
	Being able to carry on a conversation ith people
Positive beliefs	Keeping positive self image and positive attitude
Material resources	Educate the self about finance
Control	Create stable life environment
	Believing you can control your life and future
Sense of humor !!	