A green and white sign with blue text

Description automatically generated103 Coping Skills/Stress Relievers

1. Angry? Talk to a friend
2. Apologize for a mistake
3. Meditate
4. Cry
5. Stand up and Stretch
6. Try a yoga class
7. Build a model
8. Ask for Help
9. Call up a friend
10. Run
11. Tell someone you love them
12. Try an exercise break instead of a smoke break
13. Reach for the stars
14. Count to 20 before exploding
15. Close your eyes and think or a beautiful sight
16. Stop and look out a window
17. Work on a crossword
18. Dance
19. Cut back on that vice
20. Watch a happy movie
21. Climb a mountain
22. Go for a drive some were new
23. Plan ahead
24. Get a massage
25. Go to a spa
26. Indulge just a little
27. Take a dog for a walk
28. Daydream
29. Walk on the beach with bare feet
30. Snuggle with a puppy
31. Fly a kite
32. Play with your kids
33. Forgive someone
34. Eat a great breakfast
35. Go fishing
36. Thank a friend for some thing they did
37. Get a good nights sleep
38. Sleep with the window open a bit
39. Watch a sunset and a sunrise
40. Get up 30min earlier
41. Walk for 20min at lunch
42. Hug a tree
43. Smell every flower you see in a day
44. Ride your bike to work
45. Hug someone you love
46. Laugh at something you did
47. Tell a story
48. Take the bus across town
49. Listen to nature
50. Make love
51. Lie in a hammock
52. Look at the big picture
53. Set a goal
54. Finish 3 tasks
55. Lift weights
56. Wash the car
57. Plant a garden
58. Quit smocking
59. Massage your temples
60. Put a plant in your office
61. Talk to your plants
62. Share your feelings with someone
63. Volunteer
64. Support a charity
65. Make a list & follow it
66. Sit by a stream
67. Follow a butterfly
68. Take a child to a playground
69. Lie in the grass
70. Watch the clouds
71. Breath deeply
72. Write a journal
73. Workout at the gym
74. Try a different class you normally wouldn’t
75. Wear ear plugs when its noisy
76. Listen to a podcast
77. Take a long bath
78. Finish your shower cold
79. Do something good for someone every day
80. Practice gratitude
81. Take a nap 30min max
82. Take one day at a time
83. Try something new every day/week for a month
84. Take the long way
85. Walk with someone
86. Visit a senior
87. Write a letter
88. Learn a new skill
89. Laugh out loud
90. Stretch
91. Shut down all tech for a night
92. Count the stars
93. Write your family tree
94. Sit by a fire
95. Make Smores
96. Write a song, & record your self singing it
97. Make time to play
98. Paint a scene that’s in your mind
99. Play a video game with a kid
100. Let your kids win at checkers
101. Organize the pictures in your phone
102. Bake cookies for someone else
103. Think of 3 things your grateful for & share one with someone!