

35 HEALTHY COPING SKILLS IDEAS

TO HELP SURF THE WAVE OF MY EMOTIONS

www.mentallywellschools.co.uk

NAME THE
EMOTION I FEEL



SLOW MINDFUL
BREATHS (BELLY
BREATHING)



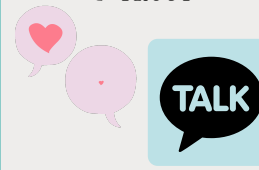
DRINK WATER



SPLASH MY FACE
WITH COOL WATER



TALK TO SOMEONE
I TRUST



GO FOR A WALK /
RUN IN MY DAILY
EXERCISE TIME



GO OUT INTO
NATURE IN MY DAILY
EXERCISE TIME



DRAW, PAINT OR
COLOUR



READ A BOOK OR
COMIC I ENJOY



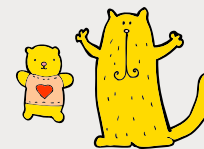
USE KIND AND
COMPASSIONATE
SELF-TALK



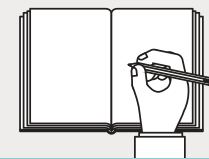
ASK FOR A HUG



HUG A CUDDLY TOY
OR PET



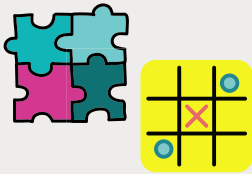
WRITE IN MY DIARY/
JOURNAL



ASK FOR HELP



DO A PUZZLE



PLAY WITH SLIME
OR PLAY DOUGH



BLOW BUBBLES



WATCH A COMEDY
PROGRAMME / LAUGH



TAKE A BREAK,
REST, NAP OR SLEEP



LISTEN TO MUSIC
I LIKE



SING OR DANCE



EAT SOMETHING
HEALTHY WHICH I
LIKE



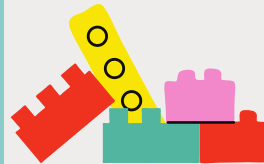
SQUEEZE A FIDGET
TOY OR STRESS BALL



BOUNCE OR
PLAY WITH A BALL
(IF SPACE)



BUILD SOMETHING



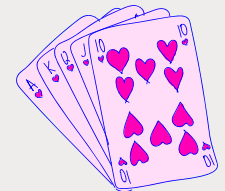
LEARN OR TRY
SOMETHING NEW



PLAY A BOARD GAME



PLAY A CARD GAME



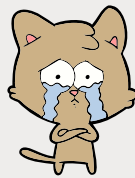
LISTEN TO A GUIDED
MEDITATION / DO
PROGRESSIVE MUSCLE
RELAXATION



TAKE A SHOWER /
BATH



CRY



DO SOME ONLINE
ACTIVITIES /
HOMEWORK



TAKE A BREAK FROM
SOCIAL MEDIA, MY
PHONE OR IPAD



MY OWN IDEA:

MY OWN IDEA:
