

Positive Coping Skills for Teens

- Take deep breaths (breathe from your belly, not your chest).
- Count to 10.
- Get a drink of water to help cool down.
- Go to a quiet spot and use a *cool down box*, a box that contains items that help you cool down, such as a stress ball, items for coloring, photographs that make you happy, and magazines),
- Get an adult to help.
- Draw or color.
- Listen to or play music.
- Write a story or journal entry/write about what you are struggling with.
- Walk away.
- Imagine a peaceful spot (for example, a beach, the mountains).
- Take a “brain break” (for example, exercise, stretching, yoga).
- Try to remember a happy time (for example, a fun place you visited, your favorite holiday).
- Talk to a friend.
- Try meditation or mindfulness exercises (for example, use your five senses to describe where you are in that moment).
- Be with nature (for example, sit outside, take a walk, climb a tree).
- Read a good book.
- Watch a funny movie.
- Knit or sew.

- Snuggle or play with a pet.
- Hug a stuffed animal or pillow.
- Take a bath or hot shower.
- Rip paper into small pieces.
- Write a letter to someone—a letter that you may never send.
- Write a gratitude list.
- Blow bubbles.
- Color a mandala.
- Engage in progressive muscle relaxation (that is, pretend you are squeezing a whole lemon in your left hand. Squeeze it hard. Feel the tightness in your hand and arm as you squeeze. Now drop the lemon and relax. See how much better your hand and arm feel when they are relaxed. Repeat with other hand.)
- Watch visual relaxers (for example, liquid motion toys, glitter wands).