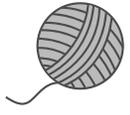


POSITIVE COPING SKILLS FOR STRESS AND ANXIETY

1. Write your thoughts/feelings in a **journal** 
2. **Play an instrument** 
3. **Listen to music**- lay back or sit down and focus on the music
4. **Write a story** 
5. **Write a letter** to the person you are stressing over (you don't have to actually send it) 
6. Eat a **healthy and nutritious** meal or snack 
7. Go for a **walk**
8. Go to the **gym** 
9. **Exercise** at home 
10. Do **yoga** 
11. **Meditate** 
12. Take some **deep breaths**
13. **Stretch** 
14. Watch a **feel-good movie or TV show**
15. **Read** 
16. Take a **social media detox**
17. **Paint/draw/color** 
18. **Crochet/knit/sew** 
19. **De-clutter or clean** your living space 
20. Go for a **bike ride** 
21. Go to the **park**
22. Have a **picnic** 
23. Listen to a **podcast** 
24. Spend time **playing with a pet** 
25. Spend **time with family** 
26. Spend time with a **friend/significant other**
27. **Vent** to a close friend or family member 
28. Schedule an appointment for **therapy** 
29. **Practice mindfulness**- being fully aware in the present moment
30. **Slow down**- approach the tasks you normally have to do with a calm and slow attitude 
31. Go for a **relaxing drive**
32. **Sit outside** and take in the sunlight 
33. Do your **nails/hair/makeup** 
34. Take a **day for self-care** 
35. Do anything **creative**
36. **Take photos** and/or edit them 
37. Shoot and edit a **video**
38. **Make a vision board** of things you love 
39. Put your to-do list on **pause**
40. Take a **mental health day** off from work
41. **Reorganize** your belongings 
42. **Redecorate/rearrange** your room
43. Do a **face mask** 
44. Take a **relaxing bath**
45. Write down the things that are stressing you out that you have no control over and rip them up and throw them in the garbage- **practice letting go** 
46. Create a list of **positive affirmations** for yourself
47. **Garden**- tend to your plants inside and/or outside
48. **Practice gratitude**- make a list of the things you are grateful for
49. **Practice compassion**- be kind to yourself when you are struggling, notice and change critical or judgmental thoughts
50. **Practice acceptance**- accept the emotions you are experiencing not as good or bad, but just as part of your experience- they will eventually pass