

Coping Skills Alphabet

<p>A</p>  <p>Ask for help</p>	<p>B</p>  <p>Breath</p>	<p>C</p>  <p>Count to 10</p>	<p>D</p>  <p>Doodle</p>	<p>E</p>  <p>Eat healthy food</p>
<p>F</p>  <p>Fidget Toys</p>	<p>G</p>  <p>Gratitude</p>	<p>H</p>  <p>Hug someone or a pillow</p>	<p>I</p>  <p>Identify the emotion</p>	<p>J</p>  <p>Journal</p>
<p>K</p>  <p>Be kind to yourself</p>	<p>L</p>  <p>Listen to Music</p>	<p>M</p>  <p>Meditate</p>	<p>N</p>  <p>Nature Walk</p>	<p>O</p>  <p>Open up to others</p>
<p>P</p>  <p>Play a game</p>	<p>Q</p>  <p>Quiet time</p>	<p>R</p>  <p>Read</p>	<p>S</p>  <p>Stretch</p>	<p>T</p>  <p>Take a Break</p>
<p>U</p>  <p>Use affirmations</p>	<p>V</p>  <p>Visualise a happy place</p>	<p>W</p>  <p>Watch something funny</p>	<p>X</p>  <p>Exercise</p>	<p>Y</p>  <p>Yoga</p>
		<p>Z</p>  <p>Zzz = Sleep</p>		