100 COPING STRATEGIES

Take deep breaths
Do a positive activity
Play sport
Think of something funny
Take a quick walk
Practice yoga
Stand up and stretch
Listen to music
Take a time out
Slowly count to ten
Use positive self-talk
Say something kind to yourself
Talk to a friend
Talk to an adult
Close your eyes and relax
Say, “I can do this”
Visualise your favourite place
Think of something happy
Think of a pet you love
Think about someone you love
Get enough sleep
Eat a healthy snack
Read a good book
Set a goal
Jog in place
Write in a journal
Hum your favourite song
Doodle on paper
Draw a picture
Colour a colouring page
Clean something
Meditate
Use a stress ball
Dance
Write a letter
Look at pictures you’ve taken
Make a gratitude list
List your positive qualities
Do something kind
Give someone a hug
Put a puzzle together
Do something you love
Build something
Play with clay
Hug a stuffed animal
Rip paper into pieces
Play an instrument
Watch a good movie
Take pictures
Gardening
Write a list
Keep a positive attitude
Schedule time for yourself
Blow bubbles
Write a positive note
Chew gum
Paint your nails
Write a story
Blog
Read a joke book
Write a poem
Drink cold water
Draw cartoons
Read a magazine
Write a thank you note
Count to 100
Make a list for the future
Read inspirational quotes
Compliment yourself
Visualise a stop sign
Laugh
Smile in the mirror
Smile at others
Do schoolwork
Look at animal pictures
Hyper focus on an object
Notice 5 things you can see
Paint with water colours
Use a relaxation app
Watch a funny video
Drink some tea
Cook or bake
Plan a fun trip
Use an I-statement
Identify your emotions
Express your feelings to someone
Write down your thoughts
Identify a positive thought
Make your day’s schedule
List 10 positives about you
Ask yourself, “What do I need right now?”
Tell someone you are thankful for them
Pet an animal
Make a list of choices
Ask an adult for help
Organise something
Play a card game
Listen to nature sounds
Sit and relax all your muscles
Ask for a break

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If you are a young person seeking support or if you know of someone who may need some help please call Youth Focus on (08) 6266 4333, email hello@youthfocus.com.au or visit our website
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