

A TO Z OF COPING SKILLS

A ASK
for help

B BREATHE
deeply
and slowly

C COUNT
forwards
or
backwards

D DRINK
some cold
water

E EXERCISE
run, jump,
skip, kick a ball
or walk fast

F FIND a
safe place

G GO
to your
happy place

H HUG a
friend or
family
member

I IGNORE
people who
are annoying
you

J JOKES
to help
you laugh

K KIND
hands. Keep
them to
yourself

L LISTEN
to calming
music

M MEDITATE
use yoga or
mindfulness

N NAME
the emotion
you are
feeling

O OBSERVE
Use
mindfulness
techniques

P PAINT
your
feelings

Q QUESTION
your
thoughts

R RUN as
fast as
you can

S SEPARATE
yourself
from the
situation

T THOUGHTS
negative to
positive

U USE
your safe
place

V VOICE
your
concerns

W WRITE
down your
feelings

X EXHALE
breathe
out your
feelings

Y YELL
as loud as
you can into
a pillow

Z ZONE
out and
relax
yourself

