


Name: \_\_\_\_\_


# 35 HEALTHY COPING SKILLS IDEAS TO HELP EMPTY MY STRESS BUCKET

[www.mentallywellschools.co.uk](http://www.mentallywellschools.co.uk)

NAME THE EMOTION I FEEL



SLOW MINDFUL BREATHS (BELLY BREATHING)



DRINK WATER



SPLASH MY FACE WITH COOL WATER



TALK TO SOMEONE I TRUST



GO FOR A WALK / RUN IN MY DAILY EXERCISE TIME



GO OUT INTO NATURE IN MY DAILY EXERCISE TIME



DRAW, PAINT OR COLOUR



READ A BOOK OR COMIC I ENJOY



USE KIND AND COMPASSIONATE SELF-TALK



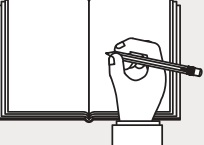
ASK FOR A HUG



HUG A CUDDLY TOY OR PET



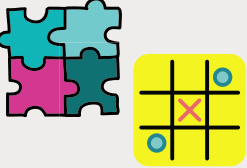
WRITE IN MY DIARY / JOURNAL




ASK FOR HELP



DO A PUZZLE



PLAY WITH SLIME OR PLAY DOUGH



BLOW BUBBLES



WATCH A COMEDY PROGRAMME / LAUGH



TAKE A BREAK, REST, NAP OR SLEEP



LISTEN TO MUSIC I LIKE




SING OR DANCE



EAT SOMETHING HEALTHY WHICH I LIKE



SQUEEZE A FIDGET TOY OR STRESS BALL




BOUNCE OR PLAY WITH A BALL (IF SPACE)



BUILD SOMETHING



LEARN OR TRY SOMETHING NEW



PLAY A BOARD GAME



PLAY A CARD GAME



LISTEN TO A GUIDED MEDITATION / DO PROGRESSIVE MUSCLE RELAXATION



TAKE A SHOWER / BATH



CRY



DO SOME ONLINE ACTIVITIES / HOMEWORK



TAKE A BREAK FROM SOCIAL MEDIA, MY PHONE OR IPAD



MY OWN IDEA:  
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MY OWN IDEA:  
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