Alphabet of Stress Management and Coping Skills

A
Ask for help
Aromatherapy
Art
Attend an event of interest
Athletics
Ask to talk to a friend
Allow time to think
Apologize
Add numbers
Aerobics
Act out favorite actor/actress
Artistically express feelings
Act out feelings
Address the real issue

B
Bounce a stress ball
Breathe slowly
Baking
Basketball
Be attentive

C
Count to ten
Color a picture
Catch a ball
Call crisis line
Call a friend
Cookie decorating
Collect thoughts
Chat with friends
Calming techniques

D
Deep breathing
Drawing emotions/feelings
Dancing
Do push ups
Driving
Drink water
Dress up (play)
Discuss feelings
Demonstrate self-control

E
Eat a snack
Exercise
Escape the situation

F
Find a safe place
Finish house work
Fishing
Free weight
Find a book to read
Filter emotions
Find a puzzle to play
Find a friend
Free write feelings
Following directions
Fly a kite
Focus attention elsewhere

G
Go talk to an adult
Go to happy place
Golfing
Games
Going to a friends
Get help from teacher
Go outside
Go running
Go swimming
Going to the gym
Gather thoughts
Go to a different place
Grow a garden
Get help from others

H
Help someone else with a problem
Hiking
Have a party
Hug a friend
High jumps
Hang out with friends
Have someone listen to your problem

I
"I" statements
Identify triggers
Instagram pictures
Interact with friends
Initiate conversation
Imagine your safe place
Invite someone to play
Ignore people

J
Jogging in place
Jot down good behaviors
Jumping Jacks
Jumping rope
Journaling

K
Kick a soccer ball
Keep a journal
Knitting
Kickboxing
Keep calm by thinking
Kickball
Keep hands to yourself

L
Listen and discuss
Laugh
Long walks
Listen to music
Lay down
Lift weights
Letter writing
Look outside
Learn something new
Lay head down on desk

M
Make a plan
Make silly faces
Make food
Make a craft
Meditate
Make a book
Meet new people

N
Napping
Notes to self
Never give up
Name something positive

O
Offer assistance
Organize item of interest
Obstacle course
Open up
Observe a movie
Observe surroundings
P
- Play a game
- Paint a picture
- Play instrument
- Prepare healthy meal
- Play at the park
- Phone a friend
- Play music
- Practice sport
- Play with PlayDough
- Pretend you are in the other persons shoes

Q
- Quiet time
- Quilting
- Quickly remove stressor
- Quiet down
- Question feelings

R
- Read
- Run
- Ride a bike
- Relax
- Rest
- Request space

S
- Sing
- Sleep
- Swim
- Soak in tub
- Soccer
- Send a letter
- Stretch muscles
- Sit in a hammock
- Sun bathing
- Standing alone
- Stop and think about response
- Shoot baskets
- Separate self
- Speak up
- Stop and listen

T
- Talk to a friend
- Talk to an adult
- Take time by yourself
- Take a walk
- Take a hot shower/bath
- Take deep breaths
- Take a break
- Take a nap
- Talk it out

U
- Untie your shoes
- Use a work out video
- Undertake a project
- Unite with family
- Unwind
- Utilize support system
- Use a yoyo
- Use tools
- Utilize resources/coping skills

V
- View TV
- Visit a friend/family
- Volunteer
- Visualize calm space
- Verbalize emotions effectively
- Visit counselor
- Video games
- Vent feelings

W
- Watch a movie
- Write poetry
- Walking
- Write in journal
- Walk outside
- Workout
- Write feelings/thoughts
- Walk away from situation
- Write a letter

X
- Xylophone playing
- Xbox
- X-ray your feelings

Y
- Yell into a pillow
- Yoga
- Yodel
- Yoyo

Z
- Zigzag around room
- Zumba
- Zone out