

60+ Positive Coping Strategies

Diversions:

- Write, draw, paint, photography
- Play an instrument, sing, dance, act
- Take a shower or a bath
- Garden
- Take a walk, or go for a drive
- Watch television or a movie
- Watch cute kitten videos on YouTube
- Play a game
- Go shopping
- Clean or organize your environment
- Read
- Take a break or vacation

Social/Interpersonal Coping:

- Talk to someone you trust
- Set boundaries and say “no”
- Write a note to someone you care about
- Be assertive
- Use humor
- Spend time with friends and/or family
- Serve someone in need
- Care for or play with a pet
- Role-play challenging situations with others
- Encourage others

Cognitive Coping:

- Make a gratitude list
- Brainstorm solutions
- Lower your expectations of the situation
- Keep an inspirational quote with you
- Be flexible

- Write a list of goals
- Take a class
- Act opposite of negative feelings
- Write a list of pros and cons for decisions
- Reward or pamper yourself when successful
- Write a list of strengths
- Accept a challenge with a positive attitude

Tension Releasers:

- Exercise or play sports
- Catharsis (yelling in the bathroom, punching a punching bag)
- Cry
- Laugh

Physical:

- Get enough sleep
- Eat healthy foods
- Get into a good routine
- Eat a little chocolate
- Limit caffeine
- Deep/slow breathing
- Stretch

Spiritual:

- Pray or meditate
- Enjoy nature
- Get involved in a worthy cause

Limit Setting:

- Drop some involvement
- Prioritize important tasks
- Use assertive communication
- Schedule time for yourself

Source: <https://positivepsychologyprogram.com/coping-skills-worksheets>

