



Self-Navigation and Coping Strategies

1. Take deep breaths
2. Do a positive activity
3. Play sports
4. Think of something funny
5. Take a quick walk
6. Practice yoga
7. Stand up and stretch
8. Listen to music
9. Slowly count to ten
10. Take a time out
11. Use positive self-talk
12. Say something kind to yourself
13. Talk to a friend
14. Talk to an adult
15. Close your eyes and relax
16. Say "I can do this"
17. Visualize your favorite place
18. Think of something happy
19. Think of a pet you love
20. Think of someone you love
21. Get enough sleep
22. Eat a healthy snack
23. Read a good book
24. Set a goal
25. Jog in place
26. Write in a journal
27. Hum your favorite song
28. Doodle on paper
29. Color a coloring page
30. Clean something
31. Mediate
32. Use a stress ball
33. Dance

34. Write a letter
35. Look at pictures you have taken
36. Make a gratitude list
37. List your positive qualities
38. Do something kind
39. Give someone a hug
40. Put a puzzle together
41. Do something you love
42. Build something
43. Hug a stuffed animal
44. Watch a movie
45. Blow bubbles
46. Write a positive note
47. Drink cold water
48. Laugh
49. Listen to nature sounds
50. Read inspirational quotes
51. Write a thank you note
52. Smile in the mirror
53. Use a relaxation app
54. Watch a funny video
55. Cook or bake
56. Pet an animal
57. Ask for a break
58. Sit and relax your muscles
59. Ask yourself " what do I need right now?"
60. Make a list of choices

