

## Healthy Coping Skills

1. [Breathe Deeply](#)
2. Practice Meditation
3. Use [affirmations](#) to change the way that you are thinking
4. Write in a journal and let all the feelings out
5. Dance out the feelings
6. Make art work about the feelings
7. Color in a mandala or a coloring book to provide containment for feelings and relaxation
8. Reach out to trusted friends to gain support
9. Accept yourself and your feelings.
10. Work on [practicing self compassion](#)
11. See your mistakes LIFE LESSONS. Be grateful for them.
12. Go for a walk for 10 minutes outside and practice being mindful and [grounding](#).
13. Take a bath to relax
14. Eat a healthy meal
15. Communicate your feelings in a kind and considerate way
16. Do yoga
17. Scream into a pillow
18. Take a break
19. Listen to music
20. Allow yourself to cry

What healthy Coping Skills are your favorite?



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