Coping Skills Alphabet

A



Ask for help

B



Breathe

C



Count to 10

D



Doodle

E



Eat a snack

F



Fidget toys

G



Gratitude

H



Hug

I



Identify emotions

J



Journal

K



Be kind to yourself

L



Listen to music

M



Mindfulness

N



Name your feelings

O



Go outside

P



Puzzle

Q



Quiet time

R



Read

S



Stretch

T



Take a break

U



Use affirmations

V

Visualize a happy place

W



Take a walk

X



Exercise

Y



Yoga

Z



Zzzz

Jessica's House