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COPING STRATEGIES

1

Watch a movie, standup comedy, or distracting/funny Youtube videos.

2

Make a list of your dreams/goals for the future in different life categories i.e. relationships, career, wellness.

3

Read a book or article and drink tea.

4

Write a blog post or other fun creative writing piece.

5

Draw, paint, knit, make a vision board, or do some other kind of art project.

6

Paint nails, do an at-home face mask, take a bubble bath, cover yourself in a warm blanket.

7

Write a gratitude list of all the things that you are thankful for or send a text/email to someone expressing your appreciation for them.

8

Clean your room, house, or apartment with fun music playing in the background.

9

Get out of the house and go to a local coffee shop, library, bookstore, or retail store.

10

Distract yourself on social media, post an uplifting quote that inspires you.