**Personal Coping Skills List**

*An example of a completed Personal Coping Skills List*

Bubble bath

Hot shower

The beach

Hot tub

Listen to rain outside

Make music videos

Garden

Makeovers

Make a collage

Puzzles

Rake leaves

Wash car

Observe

Family history

Waterskiing

Meditate

Pray

Study religions

Movie theater

Nap

Give self a hug

Home videos

Watch children play

Skip class

Cry

Get a massage

Acting

Play with pets

Give

• Cookies/Food

• Service

* + Soup kitchen
	+ Visit Elderly
	+ Yard work

**Outdoors**

Bird watch

Duck pond

Go to the lake

Skip rocks

Feed ducks

BBQ

Picnic

Festivals

Carnivals

Circus

Fishing

Caving

Camping

Horseback riding

Bonfire

Hammock

Sit in the sun

Sit outdoors

Sunset/sunrise

Star-gaze

Horseshoes

Bochas

**Snow Activities**

Sledding

Snow angels

Snowball fight

Tubing

Skiing

Snowboarding

**Hobbies**

Collect Things

• Stamps

* Coins
* Cards
* Crafts

Pottery

Photography

Cross stitch

Sew

Build/design

Paint

Draw

**Places to Go**

Bookstore

Learn a language

Concert

Visit animal store

Go to the zoo

Sporting event

Rodeo

Ballet

Go downtown

Plays

Art gallery

Aquarium

Museum

Shopping

* Wal-Mart
* Supermarket
* Target
* Mall

Drive

• and sing

• Off-roading

• Mud bogging

• Motorcycle/moped

• a Scenic route

* Mountains

Pool

**Decorating**

Remodel

Redecorate

Reorganize

Move furniture

**Cook**

Cookies

Hot chocolate

Milkshake

Ice cream

**Kid Things**

Watch clouds

Finger paint

Water colors

Hopscotch

Sidewalk chalk

Daydream

Draw

Trampoline

* Wet/Sprinkler

Jump in leaves

Coloring

Bubbles

Jump on bed

Run a race

Swim

Play pinball

Skip

Wash car

Nintendo/Atari

Playground

* swings
* slide
* monkey bars
* merry-go-round
* hanging bars
* obstacle course

Fly a kite

Run in sprinklers

**Eat**

Fruit

Veggies

* With dip

Crackers

Cheese

* Cottage
* Cream

Nuts

Toast

Sandwich

**Exercise**

Walk

Run

Hike

Skateboard

Rollerblade

Roller skate

Ice Skate

Bike

Swim

Frisbee Golf

Golf

Miniature Golf

Ping pong

Weight lifting

Push-ups/Sit-ups

Bowling

Aerobics

Climb a tree

Jump rope

Batting cages

Martial Arts

Yoga

Kickboxing

Punching bag

**Read**

Fiction

Jokes

Reader’s digest

Scriptures

Other religious lit.

Therapy-related

Self-help

Meditations

Journals

Kid’s literature

**Write**

Jokes

Stories

Journal

Letters

Letter to yourself

Notes

Poetry

**Music**

Sing

Karaoke

Compose

Play

* Piano
	+ Classical
	+ Religious
	+ Kids
	+ Popular
	+ Duets
* Guitar
* Trumpet
* New instrument

Listen

* Classical
* Old rock
* Country
* Religious
* Random radio
* Kid stuff
* Oldies
* Memory music
	+ Kid
	+ Teen
	+ College

**LIMITED**

TV

Computer

Search web

Play solitaire

Watch a movie

Video game