

117 Healthy Coping Skills

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1. Practice deep breathing in through your nose, out through your mouth
2. Do a puzzle
3. Draw, paint or color
4. Listen to uplifting or inspirational music
5. Snow-bunnies
6. Shower in ice water lightly
7. Go to the library
8. Visit the airport charter
9. Put your cat or dog
10. Clean or organize a space
11. Make your bed
12. Play a game on the computer
13. Turn on all the lights
14. Sit in the sun and close your eyes
15. Throw rocks into the woods
16. Squish an apple
17. Chew gum
18. Eat a cup of hot chocolate or tea
19. Compliment someone
20. Read
21. Listen to inspirational tapes
22. Practice a relaxation exercise
23. Jump up and down
24. Write yourself a love note (and keep it in your pocket)
25. Play solitaire
26. Do the dishes
27. Go for a walk, 15 minute walk
28. Dance to music
29. Call a friend
30. Make a friend over
31. Organize your CDs
32. Write positive affirmations on note cards & decorate
33. Go outside and listen to nature
34. Rearrange your bed
35. Work in the garden or flower bed
36. Plant a flower in a pot
37. Sew, knit, crochet
38. Do yoga
39. Watch a funny or inspirational movie
40. Make a collage with pictures of your favorite things

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117 Healthy Coping Skills Teen Beauty Tips

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My Friend Margie Teresa K. Wickstrom, 2014-02-24 A beautiful young woman leaves home to escape her personal hell. Her friends give her refuge and a chance to improve her life. Will she succeed? *El-Hi Textbooks & Serials in Print, 2003*, 2003

The Self-Care Kit for Stressed-Out Teens Summersdale, 2021-05-25 A friendly and approachable guide to teen self care. Bursting with tips and advice to ease stress and help you live your best life. Being a teenager means learning how to deal with exams, new experiences, and body changes. Are you prepared? No. Teenage life stretches you in more ways than you could imagine, but it is also an exciting time in which you start to consider your future, new relationships, and big questions about your identity and beliefs. Sometimes this heady mix might feel like a bit too much to handle, and that's where introducing self care into your daily life can help. Far from being about drinking kale smoothies and taking bubble baths, self care provides you with the tools to sustain your mental and physical health so you can be your best self. Find out how to stay positive and focused through exam season. Feel better equipped to cope with everyday stress. Love the skin you're in. Be an ally to yourself and those around you. Age range 12-17

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