

# Alphabet of Stress Management and Coping Skills

## A

Ask for help  
Aromatherapy  
Art  
Attend an event of interest  
Athletics  
Ask to talk to a friend  
Allow time to think  
Apologize  
Add numbers  
Aerobics  
Act out favorite actor/actress  
Artistically express feelings  
Act out feelings  
Address the real issue

## B

Bounce a stress ball  
Breathe slowly  
Baking  
Basketball  
Be attentive

## C

Count to ten  
Color a picture  
Catch a ball  
Call crisis line  
Call a friend  
Cookie decorating  
Collect thoughts  
Chat with friends  
Calming techniques

## D

Deep breathing  
Drawing emotions/feelings  
Dancing  
Do push ups  
Driving  
Drink water  
Dress up (play)  
Discuss feelings  
Demonstrate self-control

## E

Eat a snack  
Exercise  
Escape the situation

## F

Find a safe place  
Finish house work  
Fishing  
Free weight  
Find a book to read  
Filter emotions  
Find a puzzle to play  
Find a friend  
Free write feelings  
Following directions  
Fly a kite  
Focus attention elsewhere

## G

Go talk to an adult  
Go to happy place  
Golfing  
Games  
Going to a friends  
Get help from teacher  
Go outside  
Go running  
Go swimming  
Going to the gym  
Gather thoughts  
Go to a different place  
Grow a garden  
Get help from others

## H

Help someone else with a problem  
Hiking  
Have a party  
Hug a friend  
High jumps  
Hang out with friends  
Have someone listen to your problem

## I

"I" statements  
Identify triggers  
Instagram pictures  
Interact with friends  
Initiate conversation  
Imagine your safe place  
Invite someone to play  
Ignore people

## J

Jogging in place  
Jot down good behaviors  
Jumping Jacks  
Jumping rope  
Journaling

## K

Kick a soccer ball  
Keep a journal  
Knitting  
Kickboxing  
Keep calm by thinking  
Kickball  
Keep hands to yourself

## L

Listen and discuss  
Laugh  
Long walks  
Listen to music  
Lay down  
Lift weights  
Letter writing  
Look outside  
Learn something new  
Lay head down on desk

## M

Make a plan  
Make silly faces  
Make food  
Make a craft  
Meditate  
Make a book  
Meet new people

## N

Napping  
Notes to self  
Never give up  
Name something positive

## O

Offer assistance  
Organize item of interest  
Obstacle course  
Open up  
Observe a movie  
Observe surroundings

## **P**

Play a game  
Paint a picture  
Play instrument  
Prepare healthy meal  
Play at the park  
Phone a friend  
Play music  
Practice sport  
Play with PlayDough  
Pretend you are in the other  
persons shoes

## **Q**

Quiet time  
Quilting  
Quickly remove stressor  
Quiet down  
Question feelings

## **R**

Read  
Run  
Ride a bike  
Relax  
Rest  
Request space

## **S**

Sing  
Sleep  
Swim  
Soak in tub  
Soccer  
Send a letter  
Stretch muscles  
Sit in a hammock  
Sun bathing  
Standing alone  
Stop and think about  
response  
Shoot baskets  
Separate self  
Speak up  
Stop and listen

## **T**

Talk to a friend  
Talk to an adult  
Take time by yourself  
Take a walk  
Take a hot shower/bath  
Take deep breaths  
Take a break  
Take a nap  
Talk it out

## **U**

Untie your shoes  
Use a work out video  
Undertake a project  
Unite with family  
Unwind  
Utilize support system  
Use a yoyo  
Use tools  
Utilize resources/coping skills

## **V**

View TV  
Visit a friend/family  
Volunteer  
Visualize calm space  
Verbalize emotions  
effectively  
Visit counselor  
Video games  
Vent feelings

## **W**

Watch a movie  
Write poetry  
Walking  
Write in journal  
Walk outside  
Workout  
Write feelings/thoughts  
Walk away from situation  
Write a letter

## **X**

Xylophone playing  
Xbox  
X-ray your feelings

## **Y**

Yell into a pillow  
Yoga  
Yodel  
Yoyo

## **Z**

Zigzag around room  
Zumba  
Zone out