



Positive Coping Ideas for Stress and Worry

1. Write your thoughts/feelings in a journal
2. Go outside
3. Listen to music
4. Write a story
5. Take some deep breaths
6. Paint/draw or color
7. Spend time playing with a pet
8. Read
9. Go for a walk
10. Take photos and edit them
11. Sit outside in the sun
12. Offer to help someone
13. Redecorate/rearrange your room
14. Create a list of things you are grateful for
15. Bake something
16. Call a friend or relative
17. Watch a funny show
18. Play an instrument
19. Take a screen detox
20. De-clutter or clean your room
21. Shoot and edit a video
22. Make a playlist of your favorite music
23. Eat a healthy snack.
24. Focus on a positive memory or something funny
25. Do something creative