

# Circle your favorite coping strategy in each category—or write in your own.

Keep this list of ideas for when you need to unwind, relax, de-stress or energize.

Note: Your favorite coping strategies might change over time.



**TWELVE TALKS**  
TO HAVE WITH TEENS  
[twelvetalks.com](http://twelvetalks.com)

## Exercise

- Meet a friend for a hike
- Play ball with friends
- Stretch your muscles
- Take an exercise class
- Work out or lift weights
- Go for a bike ride
- Go for a run
- Do yardwork

\_\_\_\_\_  
*Or come up with your own*

## Eat

- Eat a favorite food
- Get hydrated
- Bake cookies
- Make & eat something super healthy
- Have a cup of coffee, tea or hot cocoa
- Cook a nice meal

\_\_\_\_\_  
*Or come up with your own*

## Be silly

- Play with a little kid
- Climb a tree
- Fly a kite
- Play with your pet
- Relax in a chair or swing
- Play on playground equipment
- Blow bubbles
- Have a good laugh

\_\_\_\_\_  
*Or come up with your own*

## Connect spiritually

- Meditate
- Pray
- Print out & post inspiring quotes
- Go to a religious service
- Do yoga
- Pay attention to just your breath
- Daydream

\_\_\_\_\_  
*Or come up with your own*

## Clear your mind

- Practice deep breathing
- Use progressive muscle relaxation
- Snuggle under a cozy blanket
- Play solitaire
- Play a video game
- Do a puzzle or sudoku
- Listen to music

\_\_\_\_\_  
*Or come up with your own*

## Take care of yourself

- Soak in a hot bath or hot tub
- Take a shower
- Brush your hair
- Do your nails
- Clean your room or your car
- Take a nap
- Go to bed early
- Sleep in late

\_\_\_\_\_  
*Or come up with your own*

## Get creative

- Draw or paint
- Take photos
- Find an adult coloring page and color
- Play an instrument or sing
- Turn up the music & dance
- Make a list of great movies
- Make a playlist of great songs

\_\_\_\_\_  
*Or come up with your own*

## Connect with others

- Hang out with a friend(s)
- Do something nice for someone
- Talk to someone you trust
- Call a friend on the phone
- Look at family photos
- Play cards or a board game
- Pet your dog or cat

\_\_\_\_\_  
*Or come up with your own*

## Engage your brain

- Listen to a podcast or book
- Read a book
- Read a magazine
- Visit a museum
- Google something you are curious about
- Go to the library and browse

\_\_\_\_\_  
*Or come up with your own*

## Go outside

- Go for a swim
- Go for a walk, maybe with a friend
- Lay down & watch the clouds
- Look at the stars
- Work on your car or bike
- Go for a drive
- Sit near a lake, stream or fountain

\_\_\_\_\_  
*Or come up with your own*

## Watch something

- Watch a movie or show
- Watch funny videos
- Go outside to watch the birds or squirrels
- Go somewhere to people watch
- Watch a candle or fire in the fireplace
- Watch the clouds float by

\_\_\_\_\_  
*Or come up with your own*

## Write something

- Make a bucket list
- Make a list of things you are good at or grateful for
- Write a poem/short story
- Write a song
- Write in a journal
- Write to a friend (a card or email)

\_\_\_\_\_  
*Or come up with your own*