



Empowering the Core Self: Coping Skills

Confidence

- Put on an outfit you feel good in
- Lip-sync and dance to your favorite songs
- Put on fake tattoos
- Look up recipes and cook something new
- Create a playlist of uplifting songs
- Paint your nails, put on make-up, or style your hair

Compassion

- Take a long shower or bath
- Watch cute videos of animals on YouTube
- Watch your favorite feel-good movie or tv show
- Clean (focus on one, small area)
- Play with your favorite childhood toy
- Give yourself a spa night (facials, bubble baths, relaxing music)
- Garden or plant a houseplant
- Put clean sheets on your bed

Curiosity

- Read your favorite book or a new book
- Research something that interests you
- Look up inspirational quotes from your role models
- Search for ridiculous things on the internet
- Compile a list of positive affirmations on notecards and decorate them
- Think of three foods/bands/movies for every letter of the alphabet

Calm

- Practice Meditation and relaxation techniques
- Take a deep breath and hold something cold
- Nap (only if you're tired)

Connection

- Play a game with friends or family
- Video chat or hang out with your favorite person
- Set boundaries or say "no"
- Volunteer w/an organization that matches your values
- Visit an animal shelter or cat café; spend time w/animals
- Practice your spirituality or religion
- Write a letter to someone you love
- Feed the ducks, birds, or squirrels

Clarity

- Write a list of goals for yourself
- Brainstorm a list of your strengths
- Make a gratitude list
- Complete a word search or sudoku puzzle
- Create a vision board

Creativity

- Write a story, poem, or song
- Play or learn an instrument
- Knit, crochet, or sew
- Work on a puzzle
- Color in a coloring book
- Make a collage of your favorite things

Courage

- Act opposite of negative feelings
- Go outside for 15 minutes (if safe)
- Window-shop at the mall or store
- Go to a public place and compliment five people
- Learn five words in a new language
- Perform a random act of kindness
- Write a list of compliments about someone you know and give it to them