

# Positive Coping Skills For Anxiety And Stress

★ Write your thoughts/feelings in a journal



★ Play an instrument



★ Listen to music – lay back or sit down and just focus on the music and nothing else

★ Write a story or a letter to the person you are stressing over (you don't have to actually send it)



★ Eat a healthy and nutritious meal or snack



★ Go for a walk



★ Exercise at home

★ Do yoga

★ Meditate

★ Take some deep breaths

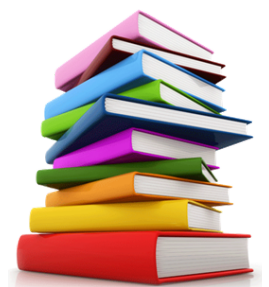
Breathe. Stretch. Relax.

★ Stretch

★ Watch a feel-good movie or TV show



★ Read



★ Take a social media detox



★ Paint/draw/color

★ Crochet/knit/sew



★ De-clutter, reorganize or clean your living space

★ Go for a bike ride

★ Go to the park

★ Listen to a podcast



★ Spend time playing with a pet

★ Spend time with family, friend or significant other

★ Vent to a close friend or family member

★ Schedule an appointment for therapy

★ Practice mindfulness - being fully aware in the present moment

★ Slow down - approach the tasks you normally have to do with a calm and slow attitude



★ Sit outside and take in the sunlight - on a balcony, deck, porch, backyard, etc.

★ Do your nails/hair/makeup

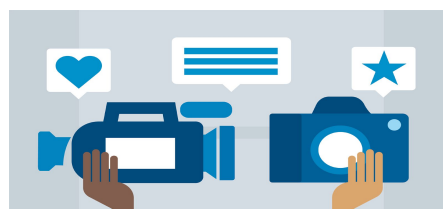
★ Take a day for self-care



★ Do anything creative

★ Take photos and/or edit them

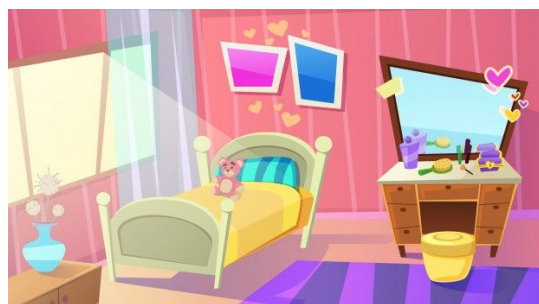
★ Shoot and edit a video



★ Make a vision board of things you love (online or by cutting and gluing things from magazines/print-outs)

★ Put your to-do list on pause

★ Redecorate/rearrange your room





- ★ Do a face mask
- ★ Take a relaxing bath
- ★ Create a list of positive affirmations for yourself



★ Practice letting go - Write down the things that are stressing you out that you have no control over and rip them up and throw them in the garbage



★ Practice gratitude - make a list of the things you are grateful for

★ Practice compassion - be kind to yourself during the times when you are struggling, notice and change critical or judgmental thoughts

★ Practice acceptance - accept the emotions you are experiencing not as good or bad, but just as part of your experience - they will eventually pass

IN A  
WORLD  
WHERE YOU CAN BE  
ANYTHING  
BE KIND