



TOOLS FOR LIVING A HEALTHY LIFE: 20 COPING SKILLS

1. Seek information about the problem
2. Evaluate pros & cons
3. Plan goals
4. Reframe - look at the problem from different angles
5. Gather social support - find your "people"
6. Walk/Exercise
7. Spend time in Nature
8. Rest
9. Meditate
10. Practice Breathing techniques
11. Practice Yoga/Tai Chi
12. Listen to Guided Imagery
13. Try Aromatherapy
14. Read
15. Seek peace with Inspirational messages
16. Listen to Music
17. Laugh
18. Knit or Crochet
19. Take Photos
20. Be Creative - build or make something