

Healthy Coping Mechanisms

Eat better Nutrition
Stop Reactivity
Find Purpose/Meaning
Avoid Negative Outlet
Increase Physical Activity
Start Creativity
Start Stillness
Foster Wellness
Improve Sleep
Build Right Connection
Start Gratitude Journal
Write a gratitude Journal
Listen to your favorite book
Read your favorite book
Go Dancing
Laugh
Explore Nature
Explore a new hobby
Sing
Be Proactive
Focus on Self Discovery
Accept and Embrace Change
Maintain positive outlook
Seek Help
Join a group
Share your positive event to someone

Volunteer
Join a local community group
Set a routine
Minimize Negative News



Practice NATS
Try aromatherapy
Try Reiki
Get a massage
Take a retreat
Follow a Guru
Be mindful to activity you are doing
Make a to do list
Set priority
Habit Stacks
Forgive yourself
Say something nice about yourself
Practice mindful eating

Enjoy nature
Do a mental scan
Do a body scan
Find other resources
Practice Gratitude
Empathy listening
Compromise
Protect yourself from negative people
Practice Acceptance
Practice Reflection
Celebrate
Learn from your past
Positive planning
Positive refocusing
Positive reappraisal
Increase sense of Coherence
Make small sustainable changes
Positive planning
Bring hope
Smile
Positive planning
Optimism
Show compassion for others
Try Therapeutic Breathing Exercise
Try Yoga/Tai Chi/Qi gong
Try Mindfulness
Try Meditation

