

Coping Strategies



We could all use some strategies to help us feel a bit better sometimes—see below for a list of things you could try next time you get angry, sad or anxious.

Try them all, tick which ones work and cross off the ones that don't. Just remember, it takes practice to make some strategies work well for you, so definitely try them more than once!

- Exercise—running, push ups, dancing, yoga, martial arts, sports etc.
- Rip up some scrap paper, old newspapers, magazines, catalogues
- Shout out loud (in a safe space, or into a pillow)
- Punch a cushion or punching bag (be careful not to hurt yourself!)
- Scribble on paper
- Write down how you feel—you can keep this or throw it away so no one sees!
- Write a story, song, poem, film script
- Do some art/colouring/journaling
- Wash your face with cold water
- Have a shower or bath
- Listen to some music
- Watch your favourite tv show/film/youtube channel/ASMR
- Look at some memes
- Look at some happy photos / calming images
- Spend some time on social media or xbox/playstation (if it doesn't make you feel worse!)
- Spend time with friends/family/pets

Turn Over for more...

More ideas...



- Do some cooking/baking
- Go outside—for a walk, to play a game, to breathe some fresh air, walk the dog
- Do some gardening— water the plants, pull some weeds
- Join a club about something you're interested in —boxing, drama, coding, dance, gymnastics, cadets etc. Or become a member of MAHDLO Youth Zone to meet others and try things like rock climbing, dj skills, hi-tech gym equipment, boxing, trampolining, karaoke, gaming etc.
- Use some breathing techniques—search google for 'finger breathing', 'box breathing'
- Practice mindfulness
- Take a nap
- Snuggle up with favourite blanket or cushions or in your dressing gown
- Do some homework or some jobs around the house
- Clean, tidy, organise your bedroom
- Find a candle you like the smell of and light it (safely!)
- Pour a glass of your favourite drink, or grab your favourite snack to enjoy
- Talk to someone about how you feel—friends, family, teacher, trusted adult, TOG Mind
- Find a signal you can use at home so that people know when you need help—because it can be hard to find the words sometimes
- Make a bedroom door traffic light—Green for 'come in!' Orange for 'Knock, please' and Red for 'Leave me until I come to you'. Make sure to change it when your mood changes.
- Download a useful app, or look at a useful website. See 'Useful websites, apps and phone numbers' handout given to you by TOG Mind.

Remember that this feeling will pass, and your mood will change. What you're feeling is normal and is something that everyone goes through. People find all kinds of different ways to help themselves, it just requires practice. Good luck!