

Coping Skills List

Picnic	Meditate	Crafts
Camping	Hug myself	Video editing
Sky diving	Plant flowers	Draw
Orienteering	Mountains	Ballet
Rappelling	Make-over	Pottery
Boat ride	Get nails done	Paint
• Sailboat	Puzzles	Acting
• Canoeing	Sudoku	Build/design something
• Rafting	Crossword puzzles	Redecorate
• Motorboat	Woodworking	Remodel
Skiing (water or snow)	Sewing	Reorganize things
Go to the lake	Group dates	Home projects
Go to the beach	• (See relational list for ideas)	• House painting
Bonfire	Cook	• Rearrange furniture
Fishing	• Grilling	Wash car
Scuba dive	• BBQ	Yard work/gardening
Hiking	• Smoking food	Cleaning house
Horseback riding	• With kids	Chopping firewood
Sit by pool	• Cookie/decorating	Water flowers
Swimming	Coin collecting	Rake leaves
Sunbathe/Sun tan	Guns	Skip
Driving	Drafting/architecture	Make a collage
• Off-road	Cross stitch	Finger paint
• Road trips	Photography	Water colors
• Drive and sing	Flower arranging	Write
• Mud bogging	Build web site (web design)	• a book
Sit outside	Astronomy	• poems
Star gaze	Astrology	• journaling
Watching the sunrise	Family history	• letters
Hammock	Learn a foreign language	Fly a kite
Nap	Antiquing	Hopscotch
Long hot shower	Collect stamps	Sidewalk chalk
Hot tub	Calligraphy	Climb trees
Bubble bath		Coloring
Pray		Bubbles

Jump on bed	• themed parties	• Arts Programs
Trampoline	• video games	• Local Government
Sprinklers	• (see relational list for	• Parks and Recreation
Slide	more)	Zoo
Throw football	Paintball	Rodeo/bull rides
Hide and seek	Caving	Art gallery
Playground	Capture the flag	Museum
Eraser chase	Water park/water slide	Shopping
Square chase	Arcade games	Play Santa Claus at office
MASH	Six flags	Look for bargains
Sardines	Midway games	Clip Coupons
Kick the can	Circus	Gratitude list
Skip rocks	Monster trucks	Positive affirmations
Swings	Aquarium	Self-improvement tapes
Jump rope	Arboretum	Cataloging
Watch children play	Motor home store	Call friends and family
Obstacle course	House hunting	Bookstore
Races	Car shows	Racquetball
Feed ducks	Festivals	Swimming
“Kidnap” a friend or part-	Safari park	Jog/Run
ner	Scarborough Faire	Ice skating
Air hockey	Science place	Read
Babysit	Symphony	• magazines
Daydream	Concert	• meditations/devotions
Listen to/Watch it rain	Plays	• scriptures
Board games	Service/Charity work	• study
Card games	• Homeless Shelters	• recovery material
• Solitaire	• Hospitals/Hospices	• study other religions
Chess	• Churches	Tell stories
Horseshoes	• Library/Museum	Tell Jokes
Bird watch	• Nursing Home/Care	Basketball
Butterfly kisses	Centers	Volleyball
Have a group of people	• Animal Shelters	Soccer
over	• Kids Athletics	Golf
• book club	• Schools	Driving range
• board games	• Orphanages	Tennis

- Miniature golf
- 10k race
- Bike race
- Skeet shooting
- Pistol shooting
- Rock climbing
- Ping pong
- Weight lifting
- Sit-ups/push ups
- Walk
- Roller skating
- Rollerblading
- Skateboarding
- Rip stick
- Frisbee
- Frisbee golf
- Ultimate Frisbee
- Wrestle
- Biking
- Yoga
- Softball
- Punching bag
- Box
- Kickboxing
- Flag football
- Taekwondo/Karate
- Video games
- Play pinball
- Cuddle
- Music
 - Listen
 - Play
 - Karaoke/sing
 - Compose a song
 - Choir
- Make music videos
- 12-step groups
- Walk dog
- Pets
- Ask questions
- Observe
- Plan
- Cry
- Go downtown
- Watch TV
- Computer/Internet
- Movies
 - Theater
- Drive-in
- Rent
- Home movies
- Dinner with friends
- Go out to eat
- Ice cream
- Neighborhood parties
- Supermarket
- Send yourself a letter
- Travel (US or abroad)
- Church
- Breakfast in bed
- Bowling
- Tubing
- Sledding
- Snow angels
- Snowball fight
- Hockey game
- Baseball game
- Football game
- Motocross
- Go to races
- Ride motorcycle/moped
- Go-karts