

40 Healthy Coping Ideas

- Volunteer
- Be intentionally grateful
- Smile
- Keep a journal
- Spend time with animals
- Help someone
- Get a manicure/pedicure
- Intentionally limit social media
- Take a walk
- Sing
- Watch a comedy on tv/movies
- Bake
- Listen to music
- Write your goals
- Take a nap
- Learn about mindfulness
- Write a poem
- Lift weights
- Make a collage
- Donate money
- Learn to knit
- Read an uplifting book
- Meditate
- Get a haircut
- Draw a picture
- Do yoga
- Go somewhere new
- Organize your room
- Write a story
- Dance
- Practice mindfulness
- Create a spa day
- Create a memorial
- Listen to music
- Focus on your breath
- Write a letter with paper & pen
- Tell a story
- Attend a comedy show
- Take a bath
- Exercise

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