

Coping skills List

by, Patience's Behavior Therapy

It's good for kids to have their own list of coping strategies hung up in the home or within easy access, for anxiety and anger. Here are some examples and ideas for your list.

Here's a list of things that can help calm you down when angry:

- take a deep breath
- count to ten
- go to a quiet space (like your room) to calm down
- walk away from what is making you mad
- listen to music
- take a walk/exercise/dance
- pet your dog/cat
- ask for a hug
- draw/write what you're mad about and then rip it up and throw it away

Here's a list of ways to fix anger problems:

- think about it differently
- try to find the positive
- try to understand the other person's perspective
- problem solve
- talk calmly with the person who is upsetting me
- remember "if I'm nice, then people are more likely to give me what I want"
- If I do what I'm told quickly I have more fun free time and won't be as grumpy
- try to get enough sleep and enough to eat

Calming strategies for Anxiety

- deep breaths
- try to think of the positive/realistic situation
- use logic
- progressive muscle relaxation
- listen to music
- think of a happy place/time/memory
- draw a picture
- talk to someone