

# HEALTHY COPING STRATEGIES

## PHYSICAL

- Take a walk or go for a drive
- Clean or organize your environment
- Evaluate your sleep habits and evening routines

## EMOTIONAL

- Write a list of goals
- Choose a hobby or creative outlet
- Reward or pamper yourself
- Enjoy nature

## SPIRITUAL

- Make a gratitude list
- Listen to uplifting music or messages
- Evaluate your entertainment for negative input
- Volunteer for a cause you believe in

## RELATIONAL

- Talk to someone you trust
- Set a date for a social outing
- Encourage or serve another person
- Ask for specific help or support