

SINAI TEMPLE MENTAL HEALTH CENTER

A long, but not exhaustive, list of Healthy Coping Mechanisms and Tools

- Meditating
- Stretching/yoga/dance
- Progressive muscle relaxation
- Listening to music
- Aerobic exercise
- Watching TV or a movie
- Reading
- Working on Puzzles or playing games
- Relaxing, going for a leisurely walk or hiking outside
- A warm shower or bath
- Spending time alone
- Gardening
- Cooking
- Socializing with Friends
- Curling up in a cozy blanket
- Sitting by a fire
- Cuddling with a pet
- Getting a massage
- Breathing slowly and deeply
- Burning a scented candle
- Watching the clouds or the stars
- Doing an Art project
- Journaling
- Photography
- Cleaning out a drawer or closet
- Take a drive
- Try a new activity or hobby
- Attend a synagogue service
- List five things you are grateful for
- Accept how you are feeling
- Go for a bike ride
- Take a nap
- Join a club
- Call a friend and share your feelings
- Take a break from something stressful
- Use positive self-talk to overcome negative thoughts
- Consider the "big picture" to gain perspective
- Focus on what you can control in your life
- Practice gratitude
- Whatever makes you feel calm!!!!

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