



THE (MOSTLY EFFECTIVE) GUIDE TO NOT LOSING IT: 50 COPING SKILLS



BRAIN BREAKS & DISTRACTIONS

(Because Reality is Overrated)

Look at memes Watch a funny video Read a book (yes, really)



Play a video game

Do a puzzle

Listen to music LOUD



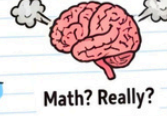
Wait, this is stressful

Daydream about being rich

Plan a fake vacation

Count backwards from 100 by 7s

Stare at a wall



Math? Really?

MOVE YOUR BODY

(Ugh, Fine)

Dance like nobody's watching (they are)

Go for a walk

Stretch



Do yoga

Shoot hoops

Ride a bike

Punch a pillow



Do jumping jacks

Clean your room (JK, but maybe?)

Run around the block



CREATIVE CHAOS

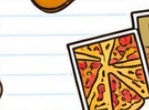
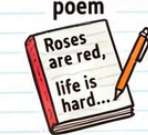
(Make Stuff, Break Stuff)

Draw or doodle

Write a cringey poem

Play an instrument (badly)

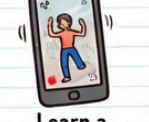
Sing in the shower



Make a collage

Bake something (and eat it all)

(and eat it all)



SENSORY STUFF

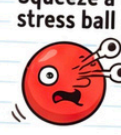
(Feels & Smells)

Pet an animal

Take a hot shower/bath

Squeeze a stress ball

Drink hot cocoa/tea

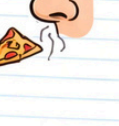


Wrap up in a blanket burrito

Smell something good (like pizza)

Smell something good (like pizza)

Smell something good (like pizza)



Listen to nature sounds

Hold an ice cube

Pop bubble wrap

Put on comfy clothes



CONNECT (OR DON'T)

(People are... Okay)



Who does this anymore?

Hug a person (consensually)

Vent to someone who listens

Text a friend

Call someone

Hug a person (consensually)

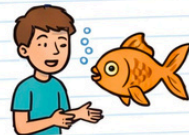
Vent to someone who listens



Help someone else

Write a thank you note

Play a game with family



Hang out with friends

Talk to a pet

Set boundaries (Say NO)

FUTURE YOU

(Adulting Lite)



Woke up before noon

Practice gratitude

Reframe negative thoughts

Make a to-do list

Set a small goal

Practice gratitude

Reframe negative thoughts



Forgive yourself

Plan something fun

Visualize success



Take a deep breath (don't pass out)

Ask for help (it's okay!)

Remember: You got this!

Cheaper than therapy!

*Results may vary.

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About this Resource

This colourful one page poster, The (Mostly Effective) Guide to Not Losing It: 50 Coping Skills, gives children, kids and young people a clear set of coping strategies they can use when they feel stressed, angry, anxious or overwhelmed. It works well as a coping skills poster, a self regulation tool and an emotional regulation resource for home, school or therapy settings.

The printable PDF groups 50 ideas into clear sections that are easy for children and teenagers to follow: brain breaks and distractions, move your body, creative activities, sensory calming ideas, connecting with others and future focused planning. Young people can choose from activities such as movement, drawing, journalling, music, sensory exercises, social connection and positive thinking. These ideas support emotional wellbeing, behaviour and everyday resilience.

This coping skills poster is suitable for parents, foster carers, kinship carers, teachers, classroom assistants, ELSA staff, school counsellors, therapists, social workers and youth workers who need quick, visual anxiety coping strategies and anger management tools for children and teens. It can be used as a wall display, a counselling or therapy prompt, or as a handout to help kids remember positive ways to manage big feelings, build healthy habits and strengthen family life.

www.SocialWorkersToolbox.com