

Leisure Coping Tools

what helps me feel happy?

- Read a book or magazine
- Appreciate nature (hug a tree, sit under a tree...)
- Journal or write a letter to a loved one
- Use kind and compassionate self talk
- Make a collage or scrapbook
- Rest, nap or take a break
- Go on a walk
- Take good care of the earth
- Drink water

- Play a board game
- Do something kind
- Make or play with slime
- Discover treasures in nature
- Take a shower or bath
- Exercise
- Drink a warm cup of tea
- Forgive, let go, move on
- Practice yoga
- Garden or do work around the yard
- Cuddle or play with a pet

- Practice gratitude
- Work on a puzzle
- Smile and laugh
- Create origami
- Cook or bake
- Ask for help
- Talk to someone you trust
- Weave, knit or crochet
- Build something
- Give someone a hug
- Visualize a peaceful place

- Stretch
- Bird watching
- Make art
- Use positive affirmations
- Take slow, mindful breaths
- Clean, declutter or organize
- Use aromatherapy
- Try to learn something new
- Cry
- Colour
- Draw

Listen to music

Use a stress ball or fidget item

Get plenty of sleep

Take or look at photographs

Eat healthy

Sing

Dance

Look at the active living website for activity ideas
Visit us: www.activelivinggreybruce.org

