

Northwest Connections

Coping skills and De-escalation ideas

Art	Exercise	Go bike riding	Go to the beach
Board games	Journaling	Travel to national parks	Play in the snow
Call someone	Reading	Walk in the woods	Think you are an OK person
Clean	Relaxation	Dancing	Paint
Comfort tools/ sensory items (personal blanket, stuffed animals etc)	Move to a different environment	Being alone	Do something spontaneously
Go to a spectator sport (auto racing, horse racing)	Create a safe space	Writing diary or journal entries	Needlepoint, crochet etc
Deep breathing	Sensory activities	Volunteer	Sleep
Eating planned meals	Thought stopping	Dancing	Drive somewhere
Eat a snack	Create goals for future	Going on a picnic	Entertain someone
Punching bag	Make a list of things to try	Meditating	Go hunting
Soaking in the bath	Recycling old items	Play volleyball	Buy clothes
Collecting things	Plan/ Going on a vacation	Having lunch or dinner with a friend	Sew
Going to a movie	Schedule an event with friends	Splurging	Plan a party
Jogging	Plan a day's activities	Play cards	Go hiking
Walking	Meet new people	Solve a riddle	Sightseeing
Listen to music	Practice karate, judo, yoga	Laughing	Walk around the mall
Lying in the sun	Think about retirement	Do something new	Collect shells
Think about ways to become active in your community	Repair something around your house	Complete a task	Go skating
Listening to others	Work on your car or bike	Photography	Go sailing
Engage in hobbies	Take care of plants	Teaching others	Paint
Go swimming	Having a conversation with a friend	Go fishing	Thinking about future relationships
Doodle	Have a family get together	Playing with animals	Do arts and crafts
Go to a party	Visit family or friends	Flying a plane	Play musical instruments
Think about buying things-window shop (in person or internet)	Ride a motorbike	Acting	Make a gift for someone
Play golf	Run track	Have a political discussion	Buy a record/ music
Play soccer	Go camping	Dress up and look nice	Watch a television show
Reflect on how you have improved	Practice religion	Fly a kite	Watch sports
Set goals for yourself	Plan a day to do nothing	Buy things for yourself	Cook something
Kiss someone	Think " I can cope"	Talk on the phone	Go out to dinner
Refinish furniture	Gardening	Go to a museum	Work
Make a list of tasks	Go to a beauty salon	Get a massage	Talk about books
Go to a play or concert	Early morning coffee and newspaper	Think about your good qualities	Watch your children play
Daydream	Play tennis	go bowling	Think about or engage in sex
Plan to go to school	Video Games	Play catch	Listen to a stereo