Northwest Connections Coping skills and De-escalation ideas

Board games Journaling Travel to national parks Play in the snow	Art	Exercise	Go bike riding	Go to the beach
Clean Comfort tools/ sensory titems (personal blanket, stuffed animals etc) Oto a spectator sport (auto racing, horse racing) Deep breathing Eat a snack Create a safe space Thought stopping Dancing Dancing Dancing Drive somewhere Eat a snack Create goals for future Punching bag Make a list of things to try Soaking in the bath Recycling old items Plan/ Going on a vacation Walk an event with friends Jogging Plan a day's activities Plan a day's activities Plan a day's activities Plan a day's activities Plan a bout or acing, borse racing) Dosomething bog Make a list of things to try Solive a riddle Sew Walk around the mall Lying in the sun Think about ways to become active in your community Listening to others Plangage in hobbies Take care of plants Go swimming Having a conversation with a friend Doodle Have a family get together Go sey in princed Repair something around your house Work on your car or bike Proadice and a family get together Go so a party Visit family or friends Play golf Run track Have a political discussion Play golf Run track Have a political discussion Play golf Run track Have a political discussion Do something and look nice Watch a television show Practice religion Fly a kite Watch a television show Reflect on how you have Improved Pan a day's activities Play and a sound racins Play and crafts Play golf Run track Have a political discussion Do arts and crafts Play golf Play and to nothing Buy a record/ music discussion Play socer Go camping Dress up and look nice Watch a television show Reflect on how you have Improved Practice religion Fly a kite Watch sports Talk control proventing religion Fly a kite Watch sports Talk control proventing religion Reflect on how you have Improved Daydream Play tennis Play tennis Play tennis Ro to a bauty vour obod Qualities Play dour concert Enthink about over engage in Think about over engage in	Board games	Journaling	Travel to national parks	Play in the snow
Comfort tools/ sensory items (personal blanket, stuffed animals etc)	Call someone	Reading	Walk in the woods	Think you are an OK person
items (personal blanket, stuffed animals etc) To a spectator sport (auto racing, horse racing) Deep breathing Deep breathing Sensory activities Volunteer Sleep Bating planned meals Thought stopping Dancing Drive somewhere Eat a snack Create goals for future Punching bag Make a list of things to try Macka a list of things to try Make a list of things to try Make a list of things to try Bay olleyball Buy clothes Collecting things Plan / Going on a vacation Plan / Going on a vacation Buy clothes Collecting things Plan / Going on a vacation Soluring Plan a day's activities Play cards Soluring Plan a party Making Meet new people Solve a riddle Sightseeing Listen to music Lyring in the sun Think about retirement Think about ways to Become active in your community Listening to others Work on your car or bike Engage in hobbies Take care of plants Go to a party Think about buying things- window shop (in person or internet) Play golf Run track Have a family get together Play golf Run track Have a political discussion Play soccer Go camping Plan a day to do nothing Buy things for yourself Cook something Make a gift for someone Watch a television show Practice religion Fly a kite Watch a television show Reflect on how you have improved Reflect on how you have improved Play soccer Go coaplay Cook something Reflect on how you have improved Reflect on how you have improved Play soccer Go coaplay Cook something Reflect on how you have improved Reflect on how you have	Clean	Relaxation	Dancing	Paint
stuffed animals etc) Create a safe space Writing diary or journal entries Needlepoint, crotchet etc entries Go to a spectator sport (auto racing, horse racing) Sensory activities Volunteer Sleep Eating planned meals Thought stoppping 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 Splurging Plan a party 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 mail Lying in the sun Think about retirement Do something new Collect shells Lying in the sun Think about retirement C	Comfort tools/ sensory	Move to a different	Being alone	Do something
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Least particles Sensory activities Volunteer Sleep	stuffed animals etc)			
Deep breathing Sensory activities Volunteer Sleep	Go to a spectator sport	Create a safe space	Writing diary or journal	Needlepoint, crotchet etc
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Soaking in the bath Recycling old items Plany volleyball Buy clothes	Eat a snack	Create goals for future	Going on a picnic	Entertain someone
Collecting things	Punching bag	Make a list of things to try	Meditating	Go hunting
Going to a movie Schedule an event with friends Jogging Plan a day's activities Play cards Go hiking Walking Meet new people Listen to music Practice karate, judo, yoga Lying in the sun Think about ways to become active in your community Listening to others Engage in hobbies Take care of plants Go swimming Having a conversation with a friend Play in grib for someone Wist family or friends Play golf Run track Have a political discussion Play soccer Go camping Plan a party Plan a party Plan a party Plan a party Flan bent a party Flan a party Flan bent a party Flan bent a party Flan bent a party		Recycling old items	Play volleyball	Buy clothes
Schedule an event with friends Splurging Plan a party	Collecting things	Plan/ Going on a vacation	_	Sew
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Listen to music	Jogging	Plan a day's activities	Play cards	Go hiking
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Kiss someoneThink "I can cope"Talk on the phoneGo out to dinnerRefinish furnitureGardeningGo to a museumWorkMake a list of tasksGo to a beauty salonGet a massageTalk about booksGo to a play or concertEarly morning coffee and newspaperThink about your good qualitiesWatch your children playDaydreamPlay tennisgo bowlingThink about or engage in sex	•	Practice religion	Fly a kite	Watch sports
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Daydream Play tennis go bowling Think about or engage in sex	Go to a play or concert	_	, ,	Watch your children play
	Daydream		· ·	
	Plan to go to school	Video Games	Play catch	Listen to a stereo