

# Coping Strategies Cards

Ask for help	Blame myself	Blame someone else
Break the problem down	Call a friend	Call a helpline
Complain	Cry	Do nothing
Draw	Eat junk food	Exercise

Go for a run	Go out with friends	Go shopping
Go to bed early	Have a laugh	Have a shower
Listen to music	Look up Aye Feel website	Breathing strategies
Plan to do something different	Play computer games	Practice changing negative thoughts

Pretend it's all ok	Put it off	Sleep more
Spend time with a favourite person	Spend time alone	Start an argument
Stay up late	Take a day off school	Talk to someone
Walk the dog	Work harder	Write it down