**Personal Coping Skills List**

*Ideas for creating your own Personal Coping Skills List*

Picnic

Camping

Sky diving

Orienteering

Rappelling

Boat ride

* Sailboat
* Canoeing
* Rafting
* Motorboat

Skiing (water or snow)

Go to the lake

Go to the beach

Bonfire

Fishing

Scuba dive

Hiking

Horseback riding

Sit by pool

Swimming

Sunbathe/Sun tan

Driving

* Off-road
* Road trips
* Drive and sing
* Mud bogging

Sit outside

Star gaze

Watching the sunrise

Hammock

Nap

Long hot shower

Hot tub

Bubble bath

Pray

Meditate

Hug myself

Plant flowers

Mountains

Make-over

Get nails done

Puzzles

Sudoku

Crossword puzzles

Woodworking

Sewing

Group dates

* (See relational list for ideas)

Cook

* Grilling/BBQ
* Smoking food
* With kids
* Cookie/decorating

Coin collecting

Guns

Drafting/architecture

Cross stitch

Photography

Flower arranging

Build web site (web de- sign)

Astronomy

Astrology

Family history

Learn a foreign language

Antiquing

Collect stamps

Calligraphy

Crafts

Video editing

Draw

Ballet

Pottery

Paint

Acting

Build/design something

Redecorate

Remodel

Reorganize things

Home projects

* House painting
* Rearrange furniture

Wash car

Yard work/gardening

Cleaning house

Chopping firewood

Water flowers

Rake leaves

Skip

Make a collage

Finger paint

Water colors

Write

* a book
* poems
* journaling
* letters

Fly a kite

Hopscotch

Sidewalk chalk

Climb trees

Coloring

Bubbles

Jump on bed

Trampoline

Sprinklers

Slide

Throw football

Hide and seek

Playground

Eraser chase

Square chase

MASH

Sardines

Kick the can

Skip rocks

Swings

Jump rope

Watch children play

Obstacle course

Races

Feed ducks

“Kidnap” a friend or partner

Air hockey

Babysit

Daydream

Listen to/Watch it rain

Board games

Card games

* Solitaire

Chess

Horseshoes

Bird watch

Butterfly kisses

Have a group of people over

* book club
* board games
* themed parties
* video games
* (see relational list for more)

Paintball

Caving

Capture the flag

Water park/water slide

Arcade games

Six flags

Midway games

Circus

Monster trucks

Aquarium

Arboretum

Motor home store

House hunting

Car shows

Festivals

Safari park

Scarborough Faire

Science place

Symphony

Concert

Plays

Service/Charity work

* Homeless Shelters
* Hospitals/Hospices
* Churches
* Library/Museum
* Nursing Home/Care Centers
* Animal Shelters
* Kids Athletics
* Schools
* Orphanages
* Arts Programs
* Local Government
* Parks and Recreation

Zoo

Rodeo/bull rides

Art gallery

Museum

Shopping

Play Santa Claus at office

Look for bargains

Clip Coupons

Gratitude list

Positive affirmations

Self-improvement tapes Cataloging

Call friends and family

Bookstore

Racquetball

Swimming

Jog/Run

Ice skating

Read

* magazines
* meditations/devotions
* scriptures
* study
* recovery material
* study other religions

Tell stories

Tell Jokes

Basketball

Volleyball

Soccer

Golf

Driving range

Tennis

Miniature golf

10k race

Bike race

Skeet shooting

Pistol shooting

Rock climbing

Ping pong

Weight lifting

Sit-ups/push ups

Walk

Roller skating

Rollerblading

Skateboarding

Rip stick

Frisbee

Frisbee golf

Ultimate Frisbee

Wrestle

Biking

Yoga

Softball

Punching bag

Box

Kickboxing

Flag football

Taekwondo/Karate

Video games

Play pinball

Cuddle

Music

* Listen
* Play
* Karaoke/sing
* Compose a song
* Choir

Make music videos

12-step groups

Walk dog

Pets

Ask questions

Observe

Plan

Cry

Go downtown

Watch TV

Computer/Internet

Movies

* Theater
* Drive-in
* Rent
* Home movies

Dinner with friends

Go out to eat

Ice cream

Neighborhood parties

Supermarket

Send yourself a letter

Travel (US or abroad)

Church

Breakfast in bed

Bowling

Tubing

Sledding

Snow angels

Snowball fight

Hockey game

Baseball game

Football game

Motocross

Go to races

Ride motorcycle/moped

Go-karts