

**Eat healthy**



**Do yoga**



**Write in a journal**



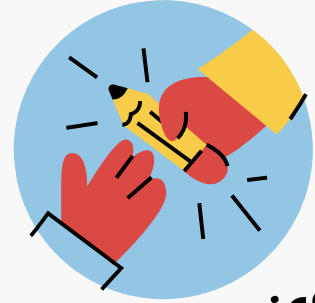
**Talk to a friend**



**Play a board game**



**Get plenty of sleep**



**Practice kindness**



**Read a book or magazine**

# 20 COPING SKILLS FOR TEENS



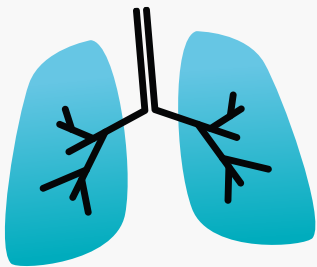
**Cook or bake**



**Play a sport**



**Paint, color or draw**



**Deep breathing**



**Listen to music**



**Give a hug**

**Ask for help**

