



---

# UNCONVENTIONAL COPING STRATEGIES

---

Cassie Jewell, M.Ed., LPC, LSATP  
Lauren Mills, MA, LPC-Intern

1. Crack pistachio nuts
2. Fold warm towels
3. Smell your dog (Fun Fact: Dog paws smell like corn chips!) or watch them sleep
4. Peel dried glue off your hands
5. Break glass at the recycling center
6. Pop bubble wrap
7. Lie upside down
8. Watch slime or pimple popping videos on YouTube
9. Sort and build Lego's
10. Write in cursive
11. Observe fish in an aquarium
12. Twirl/spin around
13. Solve math problems (by hand)
14. Use a voice-changing app (Snapchat works too) to repeat back your worry/critical thoughts in the voice of a silly character OR sing your worries/thoughts aloud to the tune of "Happy Birthday"
15. Listen to the radio in foreign languages
16. Chop vegetables
17. Go for a joy ride (Windows down!)
18. Watch YouTube videos of cute animals and/or giggling babies
19. Blow bubbles
20. Walk barefoot outside
21. Draw/paint on your skin
22. Play with (dry) rice
23. Do (secret) random acts of kindness
24. Play with warm (not hot) candle wax
25. Watch ASMR videos on YouTube
26. Shuffle cards
27. Recite family recipes
28. Find the nicest smelling flowers at a grocery store
29. Count things
30. Use an app to try different hairstyles and/or makeup
31. People-watch with a good friend and make up stories about everyone you see (Take it to the next level with voiceovers!)
32. Wash your face mindfully
33. Buy a karaoke machine and sing your heart out when you're home alone
34. On Instagram, watch videos of a hydraulic press smash things, cake decorating, pottery/ceramics throwing, hand lettering, and/or woodwork
35. Shine tarnished silver
36. Create a glitter jar and enjoy
37. Tend to plants
38. Color in a vulgar coloring book for adults