

3-STEP GUIDE TO DEVELOPING EMOTIONAL INTELLIGENCE

Coping Skills A–Z

When emotions feel overwhelming, this list gives you 26 strategies, one for every letter of the alphabet.
Find what works best for you.

A	Ask for Help Reach out to someone you trust when things feel overwhelming.	J	Jokes & Laughter Find something funny, laughter is good medicine.	S	Separate Yourself Step away from the situation to gain perspective and calm down.
B	Breathe Deeply & Slowly Take slow, deep breaths, in through the nose, out through the mouth.	K	Kind Hands Keep hands to yourself; use them gently and with care.	T	Thoughts: Negative to Positive Challenge unhelpful thinking and replace it with a kinder perspective.
C	Count Forwards/Backwards Focus your mind by counting to calm racing thoughts.	L	Listen to Calming Music Put on music that soothes your mood and slows your rate.	U	Use Your Safe Place Return to a calming environment. real or imagined when overwhelmed.
D	Drink Cold Water A glass of cold water can reset your nervous system quickly.	M	Meditate Use yoga or mindfulness to center yourself in the present moment.	V	Voice Your Concerns Speak up calmly and clearly about what is bothering you.
E	Exercise Run, jump, skip, or walk to release built-up tension.	N	Name the Emotion Saying "I feel angry" or "I feel scared" helps take away its power.	W	Write It Down Journaling your feelings helps organize and release them.
F	Find a Safe Place Move to a quiet, comfortable space where you feel protected.	O	Observe Mindfully Notice what's around you using all five senses without judgment.	X	Exhale Breathe out slowly and deliberately to release tension your body.
G	Go to Your Happy Place Close your eyes and picture somewhere that brings you peace.	P	Paint Your Feelings Express what's inside through drawing, painting, or any art form.	Y	Yell into a Pillow Let it out safely, shout into a pillow to release pent-up emotion.
H	Hug Someone Physical comfort from a friend or family member can soothe strong feelings.	Q	Question Your Thoughts Ask yourself: is this thought helpful? Is it even true?	Z	Zone Out & Relax Give yourself permission to rest, daydream, and let go for a moment.
I	Ignore Irritants Consciously choose not to engage with things that you right now.	R	Run Fast Physical movement burns off stress hormones.	★	Star In Your Own Story Remind yourself how far you've come. You are doing better than you think.