

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	J	Jokes to help you laugh	S	Separate yourself from the situation
B	Breathe deeply and slowly	K	Kind hands, Keep them to yourself	T	Thoughts negative to positive
C	Count forwards or backwards	L	Listen to calming music	U	Use your safe place
D	Drink some cold water	M	Meditate use yoga or mindfulness	V	Voice your concerns
E	Exercise run, jump, skip, or walk	N	Name the emotion you are feeling	W	Write down your feelings
F	Find a safe place	O	Observe your surroundings	X	Exhale breathe out your feelings
G	Go to your happy place	P	Paint your feelings	Y	Yell into a pillow
H	Hug a friend or family member	Q	Question your thoughts	Z	Zone out and relax yourself
I	Ignore things that annoying you	R	Run as fast as you can	★	Star in your own story