

Effective Coping Strategies to Improve Emotional Well-Being

Healthy coping skills are strategies and activities that help you manage stress and anxiety in a positive and effective way. Building a personalized toolbox of techniques can help you feel better equipped to handle life's challenges and improve your overall mental health.

Move for your mental health. Take a walk. Try yoga. Stretch. Swim. Take the stairs. Bike. Strength train. Try a sport. Set goals for yourself with a smartwatch or app.

[Managing Stress \(CDC\)](#)

Practice meditation, deep breathing or grounding exercises.

[Self-Help Techniques for Coping with Mental Health Conditions \(NAMI\)](#)

[Improve Your Emotional Well-Being \(CDC\)](#)

Release strong emotions. Yell in a private space, hit a punching bag, have a deep talk or good cry.

[Catharsis in Psychology and Meaning of Cathartic Release \(Simply Psychology\)](#)

Write a note to someone you care about or list things you feel grateful for. Write poetry, stories or journal. Try a soothing activity like reading, knitting, gardening or puzzles. Ask for support. Play with a pet. Try a support or self-help group.

[Healthy Ways to Cope with Stress \(CDC\)](#)

Try aromatherapy, guided imagery, a massage or progressive muscle relaxation.

[Aromatherapy as an Aid for Anxiety, Depression and Insomnia \(National Library of Medicine\)](#)

[Imagery as a Healing Tool \(Johns Hopkins Medicine\)](#)

[Benefits of Progressive Muscle Relaxation \(Cleveland Clinic\)](#)

Look at pictures to remind you of people, places and things that bring joy.

[Looking at Photos Can Be Uplifting \(Psychology Today\)](#)

Take care of your body in a way that makes you feel good. Paint your nails, get ready for the day, rest, stay hydrated and eat a balanced, nutritious diet.

[Caring for Your Mental Health \(NIMH\)](#)

[The Connection Between Self-Care and Mental Health \(Psychology Today\)](#)

Create music, sing, dance, act or paint.

[The Healing Potential of Creative Experiences \(Psychology Today\)](#)

Spend time in nature. Study the sky. Sit in the sun. Take a walk in the rain. Stop and smell the flowers.

[Nurtured by Nature \(American Psychological Association\)](#)

Clean. Organize. Pay bills. Alphabetize books or games. Write a list of goals.

[How Setting Goals Can Positively Impact Our Mental Health \(Centerstone\)](#)

[Cleaning for Mental Health \(American Cleaning Institute\)](#)

Smile. Laugh. Watch a funny sitcom or videos, listen to a humorous podcast, giggle at a newspaper cartoon, read a joke book or go to a comedy club.

[Stress Relief From Laughter? It's No Joke \(Mayo Clinic\)](#)

Learn a new skill, like cooking, baking, an instrument, art, dance, first aid or CPR.

[Go Deep to Learn a New Skill \(Psychology Today\)](#)

[Learning New Skills Can Support Your Mental Health \(Change Mental Health\)](#)

Listen to music or a podcast. Watch a favorite TV show or movie.

[The Transformative Power of Music in Mental Well-Being \(American Psychiatric Association\)](#)

Help a friend or loved one. Practice a random act of kindness. Volunteer in your community.

[Develop a Battery of Coping Skills \(Johns Hopkins Medicine\)](#)

Practice positive affirmations or keep an inspirational quote with you.

[100 Positive Affirmations for Better Self-Care \(Crisis Text Line\)](#)

[Affirmations to Remind You of Your Power \(Mental Health America\)](#)

[Positive Mental Health Affirmations \(Mental Health.com\)](#)