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2. Do a puzzle 3. Draw, paint or color 4. Listen to uplifting or inspirational music

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30 Healthy Coping Skills for Teens Breathing deeply and visualizing a safe calm place

Drawing or painting Listening to uplifting music Going to the library Holding an ice cube

Organizing space Sitting in the sun and closing your eyes Sucking on a peppermint

Sipping a cup of hot tea Complimenting ...30 Healthy Coping Skills for Teens - Psych Central.com

A List of 117 Healthy Coping Skills... Practice deep breathing- in through your nose, out through your mouth

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You should strive to teach your teenager a variety of healthy coping skills. Think of the skills in terms of these four categories: calming, distraction, physical, and processing. Encourage your teen to try new coping skills like writing in a diary or deep breathing. They should try these new skills when they're feeling calm and relaxed to practice.

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