

Daily Coping Inventory Worksheet

Here are some ideas for you to use as possible stress-relievers. Check ones that you would like to try and add your own ideas to the list.

- Pray
- Take a warm bath
- Take a hot tub or sauna
- Read a book or a magazine
- Talk with someone
- Do something for others
- Play with children or animals
- Pet your dog or cat
- Take a nap
- Paint or draw
- Meet with a social group
- Go to a movie or theater
- Be assertive
- Make a to-do list
- Change your daily schedule
- Re-set your priorities
- Reduce caffeine
- Reduce sugar
- Do something just for you
- Say “no” when needed
- Try on a new attitude
- Get a massage
- Visualize something pleasant
- Ride in canoe, kayak, boat
- Go for a swim
- Take pictures
- Watch a favorite TV show
- Go for a hike
- Let yourself laugh and/or cry
- Go shopping
- Get a chore out of the way
- Meditate
- Sing
- Have a healthy snack
- Write in journal; e-mail; letters
- Listen to music
- Stretch
- Laugh
- Deep breathing
- Do some volunteer work
- Go out for dinner
- Cook something
- Go bird watching or set up a bird feeder
- Do a cross word puzzle or word search
- Get a drink of water
- Do a craft or a hobby
- Use flavored toothpicks
- Have a piece of gum or sugar-free candy
- Brush your teeth
- Have something in your hand like a straw, cinnamon stick, or paper clip
- Play a game of cards
- Dance
- Exercise
- Play a musical instrument or learn to play one
- Spend time in the woods, a park, or near water
- Garden
- Go fishing
- Fly a kite
- Take a walk
- _____
- _____

