



40+ POSITIVE WAYS TO COPE

USE THESE IDEAS AS A STARTING POINT TO CREATE YOUR
PERSONAL LIST OF HELPFUL STRATEGIES

PHYSICAL ACTIVITY



- Run
- Dance
- Yoga
- Bike ride
- Pilates
- Weight training
- Walk
- Swim
- Hike/climb
- Sports

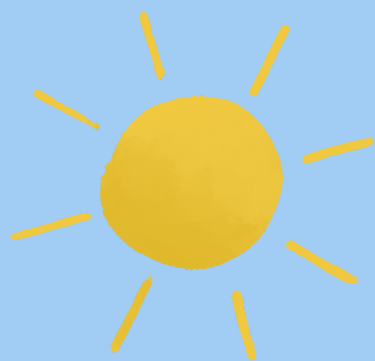
SOCIAL



- Visit or do things with friends or family who make you feel good
- Join a club or group at school or in the community
- Connect with people you know - phone or online

MIND & SPIRIT

- Positive and hopeful thinking
- Gratitude - keep a journal of things you appreciate
- Prayer; Spiritual exercise or connection
- Meditation
- Reflection
- Write in a journal
- Connect with nature



TAKE ACTION

- Make a list of things to work through (e.g. study plan)
- Join a social action group (e.g. climate change)
- Work hard to effect change/see results
- Seek help. Speak to a trusted adult, teacher, counsellor, doctor or psychologist
- Connect with a helpline e.g. Kids Help Line: 1800 551 800 or Lifeline: 13 11 14

CREATIVE OUTLETS



- Write
- Build
- Compose
- Sing
- Draw/Colour
- Paint
- Design
- Invent
- Find Solutions
- Arts & Crafts

SELF-CARE

- Sleep
- Eat well
- Take a long bath
- Listen to music/podcast
- Hug or play with a pet
- Be kind to yourself!

