

99 Coping Strategies for Student Athletes

1. Lift weights
2. Read
3. Listen to upbeat and uplifting music
4. Listen to a podcast
5. Create a list of positive affirmations
6. Squeeze a stress ball
7. Do a word search or Sudoku puzzle
8. Clean and organize
9. Go for a walk
10. Dance
11. Watch a humorous movie or sitcom
12. Sit and mediate by a body of water
13. Do yoga
14. Sing loudly
15. Journal for 30 minutes
16. Volunteer
17. Listen to an inspiring YouTube clip
18. Visualize your favorite/safe place
19. Count backward from 100
20. Scream into a pillow
21. Consult a friend
22. Pray
23. Drink tea
24. Eat a sweet treat
25. Draw or doodle
26. Blog
27. Swim
28. Do some breathing exercises
29. Take a nap
30. Practice guided imagery
31. Create an audio journal entry
32. Recite situational-specific positive affirmations
33. Design a comic series
34. Pet an animal
35. Make a virtual collage
36. Find a safe, quiet place to sit
37. Browse Pinterest
38. Smile at three people
39. Create a gratitude list
40. Learn something new
41. Memorize a poem or song in under 10 minutes
42. Hang out with your friends
43. Learn/practice a foreign
44. Stretch
45. Do schoolwork
46. Make a smoothie
47. Sigh
48. Perform a body scan
49. Identify your emotions
50. Write a poem or rap
51. Go for a car drive or ride
52. Light a scented candle
53. Color or paint
54. Rearrange bedroom
55. Go out to eat
56. Muscle relaxation
57. Prioritize calendar and
58. Cry
59. Jog in place
60. Hum a favorite tune
61. Go for a hike on the trails
62. Create 3 SMART goals
63. Take selfies
64. Compliment yourself
65. Use a relaxation app
66. Talk to a trusted adult
67. Do 50 push-ups
68. Play a game on your phone
69. Sit in the sun
70. Rock back and forth
71. Gently tap on your knees
72. Make a playlist
73. Work on a jigsaw puzzle
74. Chew gum
75. Jump rope for 12 minutes
76. Tend to a plant
77. Shred paper
78. Ride a bike
79. Perform a random act of
80. Study game film
81. Challenge negative
82. Create an exercise routine

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83. Cook using a new recipe
84. Competitively play a game board or card game
85. Take a bath or shower
86. Text the Crisis Hotline (Text HOME to 741741)
87. Write an email to a mentor
88. Do some online shopping
89. Inhale essential oils
90. Feel and focus on the texture of a rock or stone method
91. Laugh
92. Drink a cold glass of water
93. Reframe from social media
94. Find online support groups
95. Learn to sign your full name
96. Hug a loved one
97. Put on your favorite outfit
98. Think of 9 more coping
99. Immerse yourself in a
Happy memory