



A Penguins Guide to Coping Skills

Take charge of your wellness—one step at a time!

- Take a deep breathe
- Write a journal
- Call a friend
- Practice gratitude
- Listen to music
- Stand up and stretch
- Listen to your favorite artist
- Visualize your favorite spot
- Go outside
- Color
- Drink some water
- Spend time with your pet
- Take a walk
- Read a book
- Get enough sleep
- Set boundaries
- Say “no”
- Watch your favorite TV series
- Take a social media break
- Meditate
- Dance
- Look into a new hobby
- Take a study break
- Practice self compassion

