

Overcoming Depression

Coping Skills

1. **Watch a funny Video**
2. **Start a gratitude journal**
3. **Spend time with your people**
4. **Snuggle your pet**
5. **Consider your strengths**
6. **Consider everything you did right today**
7. **Laugh out loud**
8. **Conduct an act of kindness**
9. **Exercise**
10. **Mindfulness Meditation**
11. **Build a support system**
12. **Draw, paint, or color**
13. **Listen to upbeat music**
14. **Listen to a motivational speaker**
15. **Dress up**
16. **Organize/Clean your space**
17. **Prioritize your tasks**
18. **Play a computer game**
19. **Put a puzzle together**