



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 nicely
16. Organize/clean your space
17. Prioritize your tasks
18. Play a computer game
19. Put a puzzle together
20. Watch a funny movie

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