

# Coping Skills:

Simple activities can easily boost your mood. Here are some coping activities that can help change your mindset.

## Connect with nature

Go for a walk outside.

Get a new plant for your home.



## Explore your creativity

Learn a new craft.

Decorate a room.



## Engage your brain

Track your mood through an app or journaling.

Work on a crossword, sudoku, or jigsaw puzzle.



## Nurture yourself



Get up and dance and sing to some feel good music. Check out the Nexus Family Healing Feel Good Songs playlists on Spotify.

Make your own spa day with facials, manicures, and a bubble bath.

## Reach out to others

Call a friend or family member.

Meet up with a friend for lunch or dinner.

