

# Sort the Strategies

Sort these strategies into three groups: body-focused, emotion-focused and problem-focused.

**Take a bath**

**Treat yourself**

**Listen to music**

**Eat a snack**

**Download a  
mindfulness app**

**Connect with friends**

**Get an early night and  
a good sleep**

**Seek information or  
advice online**

**Form a plan**

**Celebrate progress**

**Draw up a timetable**

**Write down how  
you're feeling**

**Go for a walk**

**Set clear goals to work  
towards**

**Identify three things  
you are grateful for**

**Practice breathing techniques**

**Plan an event to look forward to**

**List three of your best qualities**

**Create a to-do list**

**Watch a feel-good film**

**Research a relevant technique**

**Spend time with a pet**

**Break a problem down into smaller chunks**

**Seek professional help  
(call a helpline or speak to a therapist)**

**Do something creative,  
such as drawing or dancing**

**Do something for someone else**

**Take a break**

**Make a list of options  
or pros and cons**