

C	O	P	E	!
Write a letter and never send it	Coloring Book/Mandalas	Clench Fists for 5 Seconds then Release	Draw	Talk to someone you trust
Sit Outside	Dance	Watch a comedy movie	Take a Nap	Contact the Hotline/Counselor
Take a hot shower or bath	Watch Funny Videos	FREE (Your coping skill)	Write down positive affirmations	Cook a Meal
Stretch	Punch a pillow	Create/build something	Read your favorite Book	Use the "5-4-3-2-1" Grounding Technique
Sing and dance to favorite music	Take a Walk	Volunteer	Play a Sport	Physical Exercise

C	O	P	E	!
Sit in the Sun	Read your favorite Book	Paint	Count Backwards from 100	Create a gratitude list
Squeeze a Stress Ball	Sit Outside	Sing and dance to favorite music	Contact the Hotline/Counselor	Watch Funny Videos
Turn off Electronics	Punch a pillow	FREE (Your coping skill)	Cook a Meal	Watch something in Nature
Write down positive affirmations	Watch a comedy movie	Coloring Book/Mandalas	Stretch	Talk to someone you trust
Dance	Draw	Take a Walk	Take a hot shower or bath	Take a Nap

C	O	P	E	!
Use the "5-4-3-2-1" Grounding Technique	Cook a Meal	Create a gratitude list	Take a Walk	Sit Outside
Dance	Take a hot shower or bath	Squeeze a Stress Ball	Coloring Book/Mandalas	Punch a pillow
Clench Fists for 5 Seconds then Release	Sing and dance to favorite music	FREE (Your coping skill)	Write a letter and never send it	Count Backwards from 100
Yoga	Writing in a journal	Talk to someone you trust	Stretch	Do a Puzzle
Write down positive affirmations	Contact the Hotline/Counselor	Read your favorite Book	Draw	Physical Exercise