

C	O	P	E	!
Think Positively	Cook a Meal	Call a Friend	Go to my counselor	Sing
Pet your animal	Exercise	Take a hot shower or relaxing	Punch a pillow	Count Backwards from 500
Savor Hot Tea/Coffee or chocolate	Squeeze a Stress Ball	FREE	Throw a Foam Ball	Dance
Practice Mindfulness	Listen to a Fun song	Stretch	Meditate	Spirituality
Organize	Rip paper into peices	Journal	Humor	Play an instrument

C	O	P	E	!
Meditate	Help someone else	Dance	Deep Breathing	Practice Mindfulness
Play a Sport	Pet your animal	Count Backwards from 500	Stretch	Sing
Listen to Music	Listen to a Fun song	FREE	Take a hot shower or relaxing	Throw a Foam Ball
Cook a Meal	Play an instrument	Exercise	Rip paper into peices	Watch a Comedy
Sit Outside it in the Sun	Savor Hot Tea/Coffee or chocolate	Punch a pillow	Spirituality	Do a gratitude List

C	O	P	E	!
Rip paper into peices	Play a Sport	Exercise	Savor Hot Tea/Coffee or chocolate	Play an instrument
Cook a Meal	Listen to Music	Call a Friend	Pet your animal	Think Positively
Deep Breathing	Watch something in Nature	FREE	Watch a Comedy	Forgive
Count Backwards from 500	Sing	Practice Mindfulness	Go for a walk	Throw a Foam Ball
Do a gratitude List	Meditate	Go to my counselor	Dance	Humor