C	O	P	E	S
Tell jokes	Be with friends	Have fun	Take a shower or a bath	Read a book
Get a massage	Talk to a counselor	Run	Count to 10	Sleep
Take deep breaths	Walk away	COPING	Draw / paint	Meditate
Play a game	Take a walk	Play sports	Listen to music	Relax
Help someone	Exercise	Scream/yell	Write in my journal	Go see a movie

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C	O	P	E	S
Walk away	Count to 10	Take a shower or a bath	Get a massage	Run
Have fun	Write in my journal	Read a book	Exercise	Sleep
Play a game	Draw / paint	COPING	Meditate	Be with friends
Listen to music	Scream/yell	Tell jokes	Go see a movie	Take a walk
Play sports	Relax	Take deep breaths	Talk to a counselor	Help someone

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C	O	P	E	S
Exercise	Scream/yell	Count to 10	Relax	Draw / paint
Tell jokes	Play a game	Play sports	Talk to a counselor	Read a book
Take deep breaths	Go see a movie	COPING	Take a walk	Listen to music
Walk away	Sleep	Take a shower or a bath	Write in my journal	Have fun
Meditate	Be with friends	Run	Get a massage	Help someone

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