

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

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

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