

C	O	P	E	!
Write positive affirmations	Bake	Go for a drive	Take a hot shower or relaxing bath	Punch a punching bag
Do a puzzle	Write a list of compliments about someone	Sing	Call a friend	Stretch
Write a letter	Write yourself "I love you because" letter	FREE	Clean	Meditate
Paint your nails	Watch a fish	Pet your cat or dog	Listen to music	Rip paper into pieces
Let yourself cry	Cook a meal	Sort photographs	Yoga	Draw

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Write yourself "I love you because" letter	Call a friend	Take a hot shower or relaxing bath	Do a puzzle	Sing
Go for a drive	Yoga	Punch a punching bag	Cook a meal	Stretch
Paint your nails	Clean	FREE	Meditate	Bake
Listen to music	Sort photographs	Write positive affirmations	Draw	Watch a fish
Pet your cat or dog	Rip paper into pieces	Write a letter	Write a list of compliments about someone	Let yourself cry

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Write a letter	Draw	FREE	Watch a fish	Listen to music
Write yourself "I love you because" letter	Stretch	Take a hot shower or relaxing bath	Yoga	Go for a drive
Meditate	Bake	Sing	Do a puzzle	Let yourself cry