

C	O	P	E	!
Write a list of compliments about someone	Call a friend	Listen to your favorite song	Take a hot shower or relaxing bath	Practice relaxing your muscles
Go for a walk	Write a letter	Rip paper into pieces	Clean	Stretch
Talk to a family member	Write positive affirmations	FREE	Close your eyes and imagine yourself somewhere peaceful	Paint your nails
Pet your cat or dog	Talk about your feelings	Practice deep breathing	Meditate	Relax in comfortable clothes with a blanket
Make a snack	Draw a picture	Scream into a pillow	Write yourself "I love you because" letter	Let yourself cry

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Meditate	Scream into a pillow	Write a list of compliments about someone	Let yourself cry	Talk about your feelings
Practice deep breathing	Relax in comfortable clothes with a blanket	Talk to a family member	Write a letter	Make a snack

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