

C	O	P	E	!
Write a letter	Call a friend	Bake	Let yourself cry	Stretch
Play an instrument.	Exercise	Watch a fish	Rip paper into pieces	Cook a meal
Sit Outside	Think Positively	FREE	Write a thank you note to someone	Dance
Paint	Paint your nails	Take a hot shower or relaxing bath	Play a sport	Sing
Meditate	Listen to a fun song.	Punch a punching bag	Draw	Read a good book.

C	O	P	E	!
Play an instrument.	Play a sport	Cook a meal	Watch a comedy.	Do a puzzle
Stretch	Paint	Dance	Paint your nails	Watch a fish
Write a thank you note to someone	Call a friend	FREE	Rip paper into pieces	Punch a punching bag
Read a good book.	Pet your cat or dog	Fishing	Let yourself cry	Savor Hot Tea coffee or chocolate.
Sit Outside	Take a walk.	Draw	Sing	Exercise

C	O	P	E	!
Sing	Punch a punching bag	Read a good book.	Call a friend	Paint
Bake	Play a sport	Exercise	Write a letter	Do a puzzle
Yoga	Write positive affirmations.	FREE	Fishing	Cook a meal
Stretch	Rip paper into pieces	Journal.	Write a thank you note to someone	Play an instrument.
Draw	Sit Outside	Paint your nails	Let yourself cry	Dance