C	O	P	E	!
Write a letter	Call a friend	Bake	Humor	Spirituality
Play an instrument	Forgive	Watch a comedy	Rip paper into pieces	Cook a meal
Take a walk	Write a thank you note to someone	**FREE**	Dance	Paint
Think Positively	Pet your cat or dog	Take a Drive	Play a game	Sing
Sit Outside	Meditate	Listen to a fun song	Punch a punching bag or pillow	Journal

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C	O	P	E	!
Do a puzzle	Draw	Read a good book	Play an instrument	Play a sport
Dance	Think Positively	Stretch	Paint	Paint your nails
Watch a comedy	Cook a meal	**FREE**	Write a thank you note to someone	Call a friend
Rip paper into pieces	Spirituality	Punch a punching bag or pillow	Pet your cat or dog	Garden
Humor	Sing	Sit Outside	Savor Hot Tea coffee or chocolate	Take a hot shower or relaxing bath

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C	O	P	E	!
Do a puzzle	Exercise	Sing	Play an instrument	Forgive
Sit Outside	Punch a punching bag or pillow	Call a friend	Paint	Bake
Play a sport	Read a good book	**FREE**	Write a letter	Draw
Yoga	Write positive thoughts	Garden	Dance	Stretch
Rip paper into pieces	Go for a drive	Write a thank you note to someone	Cook a meal	Spirituality

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