

C	O	P	E	!
Write Positive thoughts	Call a Friend	Bake	Humor	Spirituality
Play an Instrument	Forgive	Watch a Comedy	Rip paper into pieces	Cook a meal
Take a hot shower or relaxing Bath	Write a Thank you note	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

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	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 Walk

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 Positive thoughts	Draw
Yoga	Write a letter	Garden	Dance	Stretch
Rip paper into pieces	Go for a Drive	Write a Thank you note	Cook a meal	Spirituality