

|                          |                      |                      |                 |                     |
|--------------------------|----------------------|----------------------|-----------------|---------------------|
| <b>C</b>                 | <b>O</b>             | <b>P</b>             | <b>E</b>        | <b>!</b>            |
| Try a new hobby          | Bake                 | Draw                 | Stretch         | Listen to music     |
| Count to 50              | Take a nap           | Punch a punching bag | Call a friend   | Stop & Think        |
| Take a break             | Use positive talk    | <b>FREE</b>          | Clean           | Go out to eat       |
| Imagine a relaxing place | Take 10 deep breaths | Let yourself cry     | Go for a drive  | Pet your cat or dog |
| Exercise                 | Cook a meal          | Sing                 | Write a journal | Do a puzzle         |

|                                |                           |                       |                  |                            |
|--------------------------------|---------------------------|-----------------------|------------------|----------------------------|
| <b>C</b>                       | <b>O</b>                  | <b>P</b>              | <b>E</b>         | <b>!</b>                   |
| Use<br>positive<br>talk        | Call a<br>friend          | Stretch               | Count to<br>50   | Punch a<br>punching<br>bag |
| Draw                           | Write a<br>journal        | Listen to<br>music    | Cook a<br>meal   | Stop &<br>Think            |
| Imagine a<br>relaxing<br>place | Clean                     | <b>FREE</b>           | Go out<br>to eat | Bake                       |
| Go for a<br>drive              | Sing                      | Try a<br>new<br>hobby | Do a<br>puzzle   | Take 10<br>deep<br>breaths |
| Let<br>yourself<br>cry         | Pet your<br>cat or<br>dog | Take a<br>break       | Take a<br>nap    | Exercise                   |

|                   |                          |                      |                      |                 |
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| Cook a meal       | Sing                     | Call a friend        | Pet your cat or dog  | Clean           |
| Try a new hobby   | Imagine a relaxing place | Let yourself cry     | Take a nap           | Listen to music |
| Take a break      | Do a puzzle              | <b>FREE</b>          | Take 10 deep breaths | Go for a drive  |
| Use positive talk | Stop & Think             | Stretch              | Write a journal      | Draw            |
| Go out to eat     | Bake                     | Punch a punching bag | Count to 50          | Exercise        |