

C	O	P	E	!
Visit/Call family	Clean	Arts and Crafts	Happy memories	Stretch
Positive Thinking	Exercise	Talk to Advisor	Self Confidence	Count to 10
Take a time out	Watch TV	FREE	Dance	Manicure/Pedicure
Take a walk	Netflix	Take a deep breath	Painting	Smile
Stress Ball	Listen to music	Laugh	Punching Bag	Healthy meal

C	O	P	E	!
Do a Puzzle	Drawing	Read	Positive Thinking	Play cards
Dance	Take a walk	Take a Selfie	Manicure/ Pedicure	Meditate
Talk to Advisor	Count to 10	FREE	Watch TV	Clean
Self Confidence	Stretch	Punching Bag	Netflix	Go for a Drive
Happy memories	Smile	Stress Ball	Sing	Take a nap

C	O	P	E	!
Do a Puzzle	Enjoy nature	Smile	Positive Thinking	Exercise
Stress Ball	Punching Bag	Clean	Manicure/ Pedicure	Arts and Crafts
Play cards	Read	FREE	Visit/Call family	Drawing
Yoga	Write in a Journal	Go for a Drive	Dance	Take a Selfie
Self Confidence	Go to the movies	Watch TV	Count to 10	Stretch