C	O	P	E	!
Write positive affirmations	Bake	Go for a drive	Take a walk	Rip paper into pieces
Cover yourself with band-aids where you want to cut	Write a letter	Sort photographs	Call a friend	Watch a fish
Clean	Paint your nails	**FREE**	Pet your cat or dog	Talk to staff
Punch a punching bag	Take a hot shower or relaxing bath	Listen to music	Run	Let yourself cry
Clean	Cook a meal	Sing	Do a puzzle	Stretch

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C	O	P	E	!
Write yourself \"I love you because\" letter	Take deep breaths	Take a hot shower or relaxing bath	Sort photographs	Talk to staff
Clean	Cook a meal	Stretch	Run	Cover yourself with band-aids where you want to cut
Sing	Call a friend	**FREE**	Paint your nails	Bake
Rip paper into pieces	Write positive affirmations	Yoga	Do a puzzle	Clean
Take a walk	Draw	Pet your cat or dog	Go for a drive	Listen to music

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C	O	P	E	!
Sing	Cover yourself with band-aids where you want to cut	Take a hot shower or relaxing bath	Stretch	Draw
Call a friend	Yoga	Go for a drive	Write yourself \"I love you because\" letter	Write a list of compliments about someone
Do a puzzle	Talk to staff	**FREE**	Punch a punching bag	Take a walk
Bake	Cook a meal	Run	Pet your cat or dog	Meditate
Write positive affirmations	Clean	Watch a fish	Clean	Write a letter

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