

C	O	P	E	!
Write a list of your strengths	Bake	Go for a drive	Sing	Paint your nails
Do a puzzle	Watch a funny movie	Punch a punching bag	Call a friend	Take a hot shower or relaxing bath
Write positive affirmations	Clean	FREE	Journal	Let yourself cry
Stretch	Meditate	Rip paper into pieces	Go for a walk	Pet your cat or dog
Cook a meal	Sort photographs	Do yoga	Write to yourself \"I love you because\" letter	Draw

C	O	P	E	!
Write positive affirmations	Write to yourself \"I love you because\" letter	Call a friend	Meditate	Do a puzzle
Sing	Let yourself cry	Go for a drive	Pet your cat or dog	Clean
Journal	Bake	FREE	Go for a walk	Rip paper into pieces
Draw	Write a list of your strengths	Do yoga	Stretch	Cook a meal
Paint your nails	Hang out with friends/family	Take a hot shower or relaxing bath	Punch a punching bag	Watch a funny movie

C	O	P	E	!
Stretch	Go for a walk	Write positive affirmations	Draw	Sing
Sort photographs	Take a hot shower or relaxing bath	Write to yourself \"I love you because\" letter	Meditate	Clean
Rip paper into pieces	Call a friend	FREE	Journal	Go for a drive
Hang out with friends/family	Paint your nails	Cook a meal	Bake	Write a list of your strengths
Watch a funny movie	Punch a punching bag	Let yourself cry	Pet your cat or dog	Do yoga