

C	O	P	E	!
Write a list of your strengths	Bake	Focus on the present	Smile for no reason	Meditate
Do a puzzle	Watch a funny movie	Pet your cat or dog	Call a friend	Take a hot shower or relaxing bath
Write positive affirmations	Clean	FREE	Hang out with friends/family	Journal
Stretch	Meditate	Sing	Go for a drive	Paint your nails
Cook a meal	Sort photographs	Do yoga	Write to yourself \"I love you because\" letter	Draw

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Write positive affirmations	Write to yourself \"I love you because\" letter	Call a friend	Meditate	Do a puzzle
Smile for no reason	Journal	Focus on the present	Paint your nails	Clean
Hang out with friends/family	Bake	FREE	Go for a drive	Sing
Draw	Write a list of your strengths	Do yoga	Stretch	Cook a meal
Meditate	Go for a walk	Take a hot shower or relaxing bath	Pet your cat or dog	Watch a funny movie

C	O	P	E	!
Stretch	Go for a drive	Write positive affirmations	Draw	Smile for no reason
Sort photographs	Take a hot shower or relaxing bath	Write to yourself \"I love you because\" letter	Meditate	Clean
Sing	Call a friend	FREE	Hang out with friends/family	Focus on the present
Go for a walk	Meditate	Cook a meal	Bake	Write a list of your strengths
Watch a funny movie	Pet your cat or dog	Journal	Paint your nails	Do yoga