

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

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