C	O	P	E	S
Walk away	Be with friends	Help someone	Take deep breaths	Run
Go see a movie	Think of something Funny	Sleep	Count to 10	Take a walk
Tell jokes	Write in	COPING FREE	Draw/Paint	Play sports
Read a book	Talk to a counselor	Relax	Play a game	Scream/yell
Listen to music	Exercise	Take a shower or a bath	Write in my Journal	Have fun

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C	O	P	E	S
Write in	Count to 10	Take deep breaths	Go see a movie	Sleep
Help someone	Write in my Journal	Run	Exercise	Take a walk
Read a book	Draw/Paint	COPING FREE	Play sports	Be with friends
Play a game	Take a shower or a bath	Walk away	Have fun	Talk to a counselor
Relax	Scream/yell	Tell jokes	Think of something Funny	Listen to music

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C	O	P	E	S
Exercise	Take a shower or a bath	Count to 10	Scream/yell	Draw/Paint
Walk away	Read a book	Relax	Think of something Funny	Run
Tell jokes	Have fun	COPING FREE	Talk to a counselor	Play a game
Write in	Take a walk	Take deep breaths	Write in my Journal	Help someone
Play sports	Be with friends	Sleep	Go see a movie	Listen to music

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