

C	O	P	E	!
add your own	Bake	Let yourself cry	Write a list of compliments about someone	Sort photographs
Cover yourself with band-aids where you want to cut	add your own	Take a hot shower or relaxing bath	Call a friend	Yoga
add your own	Clean	Punch a punching bag	Rip paper into pieces	Write yourself \"I love you because\" letter
Sing	Write a letter	Meditate	Stretch	Cook a meal
Write positive affirmations	Do a puzzle	add your own	Draw	Pet your cat or dog

C	O	P	E	!
add your own	Clean	Yoga	Call a friend	Cook a meal
Draw	Write yourself \"I love you because\" letter	Punch a punching bag	Sort photographs	Write a letter
Cover yourself with band-aids where you want to cut	Let yourself cry	Take a hot shower or relaxing bath	Stretch	add your own
Sing	Do a puzzle	add your own	Meditate	Write a list of compliments about someone
Write positive affirmations	add your own	Pet your cat or dog	Bake	Rip paper into pieces

C	O	P	E	!
Write yourself \"I love you because\" letter	Stretch	Do a puzzle	Draw	Meditate
Cook a meal	Pet your cat or dog	Cover yourself with band-aids where you want to cut	Punch a punching bag	add your own
Sing	Write positive affirmations	Take a hot shower or relaxing bath	Clean	add your own
add your own	Write a letter	add your own	Call a friend	Bake
Rip paper into pieces	Yoga	Write a list of compliments about someone	Let yourself cry	Sort photographs