

C	O	P	E	!
Talk with a friend	Be with other people	Go to the mall	Re-organize your room	Perform a random act of kindness
Go for a jog	Smile at 5 people	Play a musical instrument	Clean trash up at your local park	Put a puzzle together
Ride a bicycle	Try to build something	FREE	Clean your room /closet	Make a list of blessings in your life
Make a list of goals for the day	Read a good book	Meditate	Look up at the sky	Plan a dinner
Hug a friend or family member	Contact a hotline/ your therapist	Play video/computer games	Watch an old happy movie	Go through old stuff

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Go to the mall	Watch an old happy movie	Perform a random act of kindness	Contact a hotline/ your therapist	Put a puzzle together
Make a list of goals for the day	Clean your room /closet	FREE	Make a list of blessings in your life	Be with other people
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Meditate	Plan a dinner	Ride a bicycle	Smile at 5 people	Hug a friend or family member

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Try to build something	Put a puzzle together	Re-organize your room	Watch an old happy movie	Go to the mall
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