

C	O	P	E	!
Try some aromatherapy (candle lotion room spray)	Be with other people	Hug a friend or family member	Sing	Play a musical instrument
Exercise	Teach your pet a new trick	Re-organize your room	Build a pillow fort	Ride a bicycle
Talk to someone close to you	Watch an old happy movie	FREE	Clean your room /closet	Make a list of goals for the day
Meditate	Sort through your photographs	Perform a random act of kindness	Make a list of blessings in your life	Put a puzzle together
Look up at the sky	Complete something you've been putting off	Read a good book	Watch fish	Go through old stuff

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