

C	O	P	E	S
Volunteer or help others	Accept things that you cannot change	"Shake Off" your problems	Enjoy nature	Stop worrying!
Punch a punching bag	Cook a meal!	Talk to someone you trust	Sing!	Cry (it's ok to cry sometimes!)
Smile! :)	Take some deep breaths	Free Space	Be a conqueror!	Reward or pamper yourself
Make a Gratitude List	Phone a friend!	Take a trip	Pray or meditate	Sleep!
Take a walk	Love Yourself!	Imagine yourself somewhere peaceful	Relax	Get a pet!

C	O	P	E	S
Be a conqueror!	Clean your room!	Reward or pamper yourself	Punch a punching bag	Pray or meditate
Attend a church service	Take some deep breaths	Stop worrying!	Make a Gratitude List	Phone a friend!
Talk to someone you trust	Accept things that you cannot change	Free Space	Volunteer or help others	Relax
Plant a garden!	Cry (it's ok to cry sometimes!)	Get a pet!	Sleep!	Watch the birds outside
Smile! :)	Sing!	Take a walk	Cook a meal!	"Shake Off" your problems

C	O	P	E	S
Pray or meditate	Cook a meal!	Reward or pamper yourself	Think positive thoughts about yourself	Be a conqueror!
Work on a new project (i.e. build something)	Watch the birds outside	Cry (it's ok to cry sometimes!)	Attend a church service	Stop worrying!
Sing!	Enjoy nature	Free Space	Accept things that you cannot change	Volunteer or help others
Punch a punching bag	Smile! :)	Phone a friend!	Make a Gratitude List	Imagine yourself somewhere peaceful
Sleep!	Take a walk	Plant a garden!	"Shake Off" your problems	Clean your room!