

|                |                                                 |                        |                              |                            |
|----------------|-------------------------------------------------|------------------------|------------------------------|----------------------------|
| <b>C</b>       | <b>O</b>                                        | <b>P</b>               | <b>E</b>                     | <b>S</b>                   |
| Walk away      | Count to 10                                     | Hold onto comfort item | Take a warm shower or a bath | Read a book                |
| Go see a movie | Think of something Funny                        | Sleep                  | Dance                        | Tell jokes                 |
| Deep breathing | Play a game<br>Cards/Board/Crossword puzzle etc | <b>COPING<br/>FREE</b> | Play sports                  | Talk to friends            |
| Prayer         | Take a walk                                     | Listen to music        | Relax                        | Imagery<br>Look at picture |
| Draw/Paint     | Exercise                                        | Run                    | Have fun                     | Stress ball                |

|                              |                     |             |                                                 |                 |
|------------------------------|---------------------|-------------|-------------------------------------------------|-----------------|
| <b>C</b>                     | <b>O</b>            | <b>P</b>    | <b>E</b>                                        | <b>S</b>        |
| Write in my Journal          | Talk to a counselor | Take a walk | Sleep                                           | Talk to friends |
| Draw/Paint                   | Exercise            | Stress ball | Relax                                           | Go see a movie  |
| Run                          | Dance               | COPING FREE | Play a game<br>Cards/Board/Crossword puzzle etc | Count to 10     |
| Read a book                  | Walk away           | YOGA        | Have fun                                        | Deep breathing  |
| Take a warm shower or a bath | Help someone        | Play sports | Hold onto comfort item                          | Listen to music |

|                |                    |                              |                           |                                       |
|----------------|--------------------|------------------------------|---------------------------|---------------------------------------|
| <b>C</b>       | <b>O</b>           | <b>P</b>                     | <b>E</b>                  | <b>S</b>                              |
| Run            | Go see<br>a movie  | Take a<br>walk               | Stress<br>ball            | Help<br>someone                       |
| Dance          | YOGA               | Hold onto<br>comfort<br>item | Write in<br>my<br>Journal | Visualize                             |
| Have<br>fun    | Talk to<br>friends | COPING<br>FREE               | Prayer                    | Take a<br>warm<br>shower or<br>a bath |
| Count to<br>10 | Exercise           | Relax                        | Play<br>sports            | Mindfulness                           |
| Walk<br>away   | Deep<br>breathing  | Tell<br>jokes                | Draw/Paint                | Think of<br>something<br>Funny        |