C	O	P	E	S
Walk away	Count to 10	Hold onto comfort	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 sports	COPING FREE	Prayer	Talk to friends
Punching bag	Take a walk	Look at picture	Relax	Listen to music
Draw/Paint	Exercise	Run	Have fun	Stress ball

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C	O	P	E	S
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 sports	Count to 10
Read a book	Walk away	YOGA	Have fun	Deep breathing
Take a warm shower or a bath	Help someone	Prayer	Hold onto comfort	Look at picture

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C	O	P	E	S
Run	Go see a movie	Take a walk	Stress ball	Help someone
Dance	YOGA	Hold onto comfort	Write in my Journal	Visualize
Have fun	Talk to friends	COPING FREE	Punching bag	Take a warm shower or a bath
Count to 10	Exercise	Relax	Prayer	Play a game Cards/Board/Crossword puzzle etc
Walk away	Deep breathing	Tell jokes	Draw/Paint	Think of something Funny

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