

C	O	P	E	!
Write positive affirmations	Bake	Let yourself cry	Stretch	Read a book
Draw	Write a list of compliments about someone	Sing	Clean	Write a letter
Write yourself "I love you because" letter	Cover yourself with band-aids where you want to cut	Paint your nails	Pet your cat or dog	Take a hot shower
Punch a punching bag	Smell something nice	Meditate	Rip paper into pieces	Do a puzzle
Study	Eat some chocolate	Yoga	Go for a run	Message a friend

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Pet your cat or dog	Write a letter	Stretch	Let yourself cry	Read a book