

C	O	P	E	!
Write a letter	Attend group	Attend a support group	Draw	Spend time with family
Paint your nails	Color	Take prescribed medications	Punch a punching bag	Dance
Sing	Take a warm shower or relaxing bath	FREE	Call a friend	Pray or attend church
Journaling	Laugh	Stretch	Paint	Sing
Take a walk	Go for a drive	Get enough sleep	Pet your cat or dog	Exercise

C	O	P	E	!
Call a friend	Clean	Pray or attend church	Paint your nails	Paint
Bake	Take a warm shower or relaxing bath	Spend time with family	Journaling	Laugh
Take prescribed medications	Attend group	FREE	Write a letter	Pet your cat or dog
Meditate	Dance	Exercise	Sing	Write a list of compliments about someone
Sing	Punch a punching bag	Take a walk	Color	Attend a support group

C	O	P	E	!
Paint	Color	Pray or attend church	Watch a fish	Call a friend
Write positive affirmations about yourself	Write a list of compliments about someone	Dance	Bake	Spend time with family
Punch a punching bag	Draw	FREE	Attend group	Write a letter
Paint your nails	Sing	Laugh	Journaling	Get enough sleep
Sing	Take a walk	Meditate	Attend a support group	Clean