

C	O	P	E	!
VOLUNTEER	BEGIN A NEW "HEALTHY" HOBBY	ASK FOR HELP FROM FAMILY AND FRIENDS	FORGIVE	SPIRITUALITY
ORGANIZE	DRAW	THINK POSITIVELY	PUNCH A PILLOW	CARD GAME
SIT OUTSIDE	THINK ABOUT HAPPY MEMORIES	Healthy Coping (FREE SPACE)	WATCH SOMETHING IN NATURE	COOL OFF PERIOD
PLAY VIDEO GAMES	HUMOR	LIFT WEIGHTS	SWIM	LISTEN TO MUSIC
SIT IN THE SUN	TAKE A WALK	MEDITATE	GRATITUDE LIST	JOURNAL/WRITE ABOUT YOUR FEELINGS

C	O	P	E	!
GO TO THE PARK	PET YOUR ANIMAL	LIFT WEIGHTS	GO FISHING	COUNT TO 20
CREATE YOUR OWN RAP/SONG	PLAY AN INSTRUMENT	PAINT	MEDITATE	COMPLETE A PUZZLE
THINK ABOUT HAPPY MEMORIES	SQUEEZE A STRESS BALL	Healthy Coping (FREE SPACE)	HUMOR	COOL OFF PERIOD
THINK POSITIVELY	CARD GAME	WATCH SOMETHING IN NATURE	THINK ABOUT LOVED ONES	BOARD GAMES
PLAY VIDEO GAMES	SPIRITUALITY	JOURNAL/WRITE ABOUT YOUR FEELINGS	LISTEN TO A FUN SONG	ENGAGE IN A HEALTHY COMPETITION

C	O	P	E	!
GIVE A COMPLIMENT	THINK ABOUT LOVED ONES	READ A GOOD BOOK	WATCH SOMETHING IN NATURE	SQUEEZE A STRESS BALL
SIT OUTSIDE	PUNCH A PILLOW	SWIM	COOL OFF PERIOD	DANCE
RIP PAPER INTO PIECES	PAINT	Healthy Coping (FREE SPACE)	DRAW	SIT IN THE SUN
PLAY A SPORT	BOARD GAMES	HUMOR	ASK FOR HELP FROM FAMILY AND FRIENDS	ORGANIZE
PLAY AN INSTRUMENT	VOLUNTEER	COUNT TO 20	YOGA	WRITE A LETTER