

COPE !

cooking	Count 10 10	Journal	Think about loved ones	Sewing
Go Outside	call family	Talk to Staff	Dance	Think about happy memories
Watch a Movie	deep breathing	FREE	Draw	Play cards
Positive Self Talk	Watch TV	Read	Paint	Take time out
Listen to music	Exercise	Talk to a friend	visit family	Help a friend

COPE !

deep breathing	Dance	Think about loved ones	Go Outside	Talk to Staff
Journal	visit family	Sewing	Exercise	Think about happy memories
Positive Self Talk	Draw	FREE	Play cards	Count 10 10
Paint	Talk to a friend	cooking	Help a friend	Watch TV
Read	Take time out	Watch a Movie	call family	Listen to music

COPE !

Exercise	Talk to a friend	Dance	Take time out	Draw
cooking	Positive Self Talk	Read	call family	Sewing
Watch a Movie	Help a friend	FREE	Watch TV	Paint
deep breathing	Think about happy memories	Think about loved ones	visit family	Journal
Play cards	Count 10 10	Talk to Staff	Go Outside	Listen to music