

C	O	P	E	!
Watch a comedy	Call a Friend	Baking	Journal	Swimming
Rip paper into pieces	Exercise	Walking	Sit outside	Count Backwards from 100
Stretch	Visit an animal shelter	FREE	Watch something in nature	Dance
Sit in the Sun	Play a sport	Play with pet	Take a hot/cold shower	Progressive Muscle Relaxation
Spirituality	Travel	Throw a foam ball	Squeeze a stress ball	Organize

C	O	P	E	!
Visit an animal shelter	Play a sport	Make Jewelry	Shopping	Play with pet
Listen to Music	Deep Breathing	Do a Word Find/Cross Word Puzzle	Sit in the Sun	Rip paper into pieces
Reading	Count to 10	FREE	Do a Puzzle	Swimming
Dance	Play an instrument	Walking	Count Backwards from 100	Weight Lift
Volunteer	Cook a Meal	Savor Hot Chocolate/Tea/Coffee	Sing	Fishing

C	O	P	E	!
Journal	Visit an animal shelter	Spend time with supports	Weight Lift	Take a break
Stretch	Sleeping	Take a hot/cold shower	Dance	Draw
Savor Hot Chocolate/Tea/Coffee	Fishing	FREE	Spirituality	Shopping
Sing	Cook a Meal	Play Board Games	Baking	Reading
Exercise	Watch a comedy	Do a Puzzle	Zumba	Yoga