

21 COPING MECHANISMS

	M	T	W	T	F	S	S
1	BREATHE						
2	DRAW						
3	LISTEN TO MUSIC						
4	HOLD AN ICE CUBE						
5	TAKE A WARM SHOWER						
6	SIT IN THE SUN						
7	DRINK HOT TEA						
8	DO YOGA						
9	READ A BOOK						
10	GO FOR A WALK						
11	DANCE						
12	WRITE A POEM						
13	KNIT OR SEW						
14	COUNT BACKWARDS						
15	SCRIBBLE						
16	TEXT OR CALL FRIENDS						
17	HUG A PILLOW						
18	DO A PUZZLE						
19	MAKE A GRATITUDE LIST						
20	ORGANIZE YOUR SPACE						
21	LET YOURSELF CRY						