**COPING STRATEGIES AND WAYS TO ELEVATE MOOD**

1. Get plenty of sleep.

2. Listen to your favorite music.

3. Call a friend.

4. Plan a trip.

5. Buy something for yourself.

6. Write in a journal.

7. E-mail a friend.

8. Help someone else.

9. Do some artwork.

10. Redecorate your room.

11. Take a bubble bath.

12. Work on your car.

13. Play cards.

14. Work a puzzle.

15. Hang out with a friend.

16. Think about something good in the future.

17. Write a poem or song.

18. Make a collage.

19. Play with your pet.

20. Take a nap.

21. Start a craft.

22. Visit someone who is sick or elderly.

23. Help someone.

24. Dance.

25. Sit in the sun.

26. Plan something fun.

27. Eat healthy.

28. Exercise.

29. Cook something.

30. Go to the library.

31. Start a hobby.

32. Dress up.

33. Meditate.

34. Get involved in a sport.

35. Pay attention to your spiritual self.

***“Darkness has a hunger that’s insatiable, lightness has a call that’s hard to hear.”***