CITY of BOSTON

CopeCode Club

Letter to A Friend

Name:

Stressor:

Advice:

When thinking about what advice to give, consider…

- Do you have experience with the stressor identified in the story?
- If this person were your friend, what would you recommend they do to cope with their stress?
- Where would you recommend they go or who would you recommend they talk to in order to address how they're feeling?

Dear _____,