

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Beat a craving and safe coping skills

E L C I S P O P A T A E G N A R O N A L E E P A  
H Z C X T E I V O M A H C T A W O Y P M P C U S  
U Y Y A S K F O R H E L P F P U Z Z L E M P V C  
W Y L J M Z N O V S V N O I S S A P M O C O G P  
J W P K J U M P I N G J A C K S M P Z F M C F V  
L S E I R A D N U O B L I S T E N T O M U S I C  
O R E T C A R T S I D C U T C E P S E R F L E S  
Z X D E R X N K L O O E R I P S N I H O R N T V  
P H H F Y H L S L M D S C G Q B I Q C W L P A Z  
A T T A M A J Y M J P E O E T F M H T H B Y T X  
C E A S T E F U L I H F H X L T M T E A G R I S  
E P E A K F N U N S O O J E X S K I R Y K E D P  
Y R R W U I M A F R N M S E C I Y N T Y F T E O  
O U B D C E P V A E E R Z Q S S R K S T U A M N  
U O V A A E S W S D U W C G L R I E F V S W V S  
R Y T P N Z A T E O V X O D C E O M Y I Y K G O  
S E H D R L Y U Y V T R F H Z P L E A R N N E R  
E L L A K T R T U E I E Z P S N P R V R S I T Q  
L G Y E T U C Q D D N G A O E G N A H C T R A Z  
F G U B S E D X C R T I R N G P H I P D R D E P  
U U M R T A Y Z V L K I G O L Q G N N S O Y R K  
C N P O I Z Y M T Q Q O B A F H U B P H P J C D  
H S R C J F J S L A O G L Z M G A Q W U S L B V  
W P T D S D R I B O T N E T S I L O B G M G V V

protect yourself  
eat a popsicle  
watch a movie  
compassion  
forgive  
inspire  
sports  
bead  
tea

snuggle your pet  
pace yourself  
self-respect  
boundaries  
sponsor  
stretch  
puzzle  
safe  
hug

listen to music  
breath deeply  
ask for help  
spin a pen  
imagine  
change  
learn  
talk

listen to birds  
jumping jacks  
communicate  
distract  
honesty  
create  
goals  
knit

peel an orange  
go for a walk  
drink water  
meditate  
persist  
shower  
laugh  
cry