

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

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

# COPING SKILLS

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

treatment mall  
volunteering  
mindfulness  
gardening  
library  
singing  
sports

healthy eating  
drinking tea  
socializing  
gratitude  
animals  
walking  
music

deep breathing  
sensory room  
journaling  
sleeping  
dancing  
drawing  
yoga

playing cards  
board games  
creativity  
Exercise  
reading  
taichi  
art