

Name: _____

Date: _____

COPING SKILLS

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

Guided Imagery
Grounding
Walking
Talking
Sports
Draw

Deep Breaths
Exercise
Therapy
Drawing
Coping
Rian

StopThinkAct
Hobbies
Friends
Family
Music
Art

NatureHike
Jogging
Resting
Crafts
Bath