

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

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

# COPING SKILLS

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

POSITIVETHINKING  
SUPPORTGROUPS  
ENJOYMENT  
EXERCISE  
READING  
MUSIC

LEISUREINTERESTS  
AROMATHERAPY  
BREATHING  
ATTITUDE  
HOBBIES  
PETS

POSITIVEOUTLOOK  
ACCEPTANCE  
LAUGHING  
WALKING  
DANCING

PROBLEMSOLVING  
GARDENING  
INTERNET  
TALKING  
MOVIES