

Coping Mechanisms

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

Postive Self- Talk
Meditation
Dancing
Writing
Yoga

Physical Activity
Exercising
Friends
Sleep
Pets

Deep Breathing
Cleaning
Puzzles
Music
Art