

Coping Skills

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

Listen to music
Visit a friend
Read a book
Breathing
Journal

Pamper yourself
Watch a movie
Take a walk
Coloring
Dance

Talk to someone
Aromatherapy
Bike ride
Meditate
Cook