

Name: _____

Date: _____

Coping Skills

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

Gratitude Journal
Counselling
Cup Of Tea
Knitting
Stretch
Nap

Deep Breathing
Do a Puzzle
Meditation
Painting
Writing

Sing or Dance
Nature Walk
Gardening
Cooking
Prayer

Bubble Bath
Read a book
Exercise
Fishing
Music