

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

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

# Coping Skills

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

Communication  
Meditation  
Drawing  
Nature  
Cook

Aromatherapy  
Breathing  
Reading  
Prayer  
Bath

Journaling  
Exercise  
Walking  
Music  
Yoga