

# Coping Skills

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

Facts or feelings

Muscle relaxation

Positive thoughts

Talk to someone

Deep breathing

Coping Skills

Jumping Jacks

Visualization

Ask for help

Five senses

High Knees

Exercise

Practice

Push ups

Anxiety

Imagery

Journal

Exhale

Inhale

Relax