

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

# Coping Skills

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

Play with your pet  
Coping skills  
Take a nap  
Exercise  
Journal

Talk to someone  
Write a note  
Walk away  
Watch TV  
Garden

Listen to music  
Read a book  
Meditate  
Breathe  
Color