

Coping Skills

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

volunteering
gardening
crafting
walking
music

affirmations
selfcare
friends
cooking
pets

deepbreaths
exercise
drawing
reading

meditation
coloring
dancing
sewing