

Name: _____

Date: _____

Coping Skills

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

write in a journal

listen to music

count to ten

exercise

draw

get enough sleep

gratitude list

eat healthy

meditate

read

talk to a friend

deep breathing

use humor

dance

pray