

# Coping Skills

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

play instrument  
healthy snack  
exercise  
reading  
hobby

window shopping  
walk outside  
painting  
comedy  
music

support groups  
coloring  
library  
count