

Name: _____

Date: _____

Coping Skills Activities

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

Redirect thoughts
Identify stress
Prioritize
Exercise
Forgive
Laugh

Create something
Deep breaths
Socialize
Retreats
Journal
Music

Express yourself
Get support
Walk away
Watch TV
Count
Sleep