

# Coping Skills Scramble

1. EEDP HATEBNIRG \_\_\_\_\_
2. DREA A OKOB \_\_\_\_\_
3. ECERSIEX \_\_\_\_\_
4. KATL TO A RIEFND \_\_\_\_\_
5. LISACO PTORUSP \_\_\_\_\_
6. ERXLA \_\_\_\_\_
7. IDEMTTEA \_\_\_\_\_
8. NSTEIL OT MSICU \_\_\_\_\_
9. EIRWT \_\_\_\_\_
10. YLAHHET TDEI \_\_\_\_\_
11. TNSAITCRIOD \_\_\_\_\_
12. IVTSIPOE GREYIAM \_\_\_\_\_
13. MCSULE NISNTEG \_\_\_\_\_
14. AWDR RO NTIAP \_\_\_\_\_
15. KETA A KWLA \_\_\_\_\_

## Word Bank

write  
take a walk  
read a book  
talk to a friend

relax  
distraction  
draw or paint  
social support

listen to music  
deep breathing  
muscle tensing  
positive imagery

meditate  
healthy diet  
exercise