

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Coping Skills Word Search

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

Focus on something positive

Watch something funny

Do a Word Puzzle

Talk to someone

Set Boundaries

Avoid triggers

Deep Breating

Be assertive

Count to Ten

Read a Book

Stress Ball

Take a Walk

Meditation

Exercising

Calm down