

Coping Skills Word Search

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

TALK TO A FRIEND

OPPOSITE ACTION

VISUALIZATION

AFFIRMATIONS

ASK FOR HELP

DEEP BREATHS

TAKE A BREAK

MINDFULNESS

ACCEPTANCE

JOURNALING

MEDITATION

GRATITUDE

SELF CARE

SLOW DOWN

WISE MIND

EXERCISE

THERAPY

COLOR

WRITE

BATH

DRAW

READ

WALK

IOP