

Name: _____

Date: _____

Coping Skills

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

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|-------------------|----------------|----------------|----------------|---------------|
| positive thinking | deep breathing | eating healthy | helping others | communication |
| affirmations | acceptance | connection | journaling | meditation |
| prioritize | athletics | gardening | exercise | learning |
| research | balance | reading | surfing | biking |
| crafts | hiking | movies | nature | travel |
| faith | music | pets | yoga | art |