

# Coping Skills

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

Progressive relaxation  
 Avoiding problems  
 Eating healthy  
 Ask for help  
 Journaling  
 Therapy  
 Dancing

Talking to a friend  
 Writing poetry  
 Deep breathing  
 Alcohol use  
 Exercising  
 Reading  
 Denial

Listening to music  
 Going to group  
 Volunteering  
 Meditating  
 Cleaning  
 Imagery  
 Drugs