

Name: _____

Date: _____

Coping Skills

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

organize environment
watch movie
exercise
friends
family
music

talk to friend
video games
shopping
hobbies
garden
draw

deep breathing
mediation
journal
reading
humor
pets