

# Coping Skills

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

journal writing  
communicate  
meditate  
friends  
sleep  
art

new beginnings  
councilors  
exercise  
breathe  
yoga

healthy eating  
emotions  
outside  
stress  
read

ask for help  
organize  
hobbies  
family  
plan