

Name: _____ Date: _____

Coping Skills

1. LGOJNURAIN _____
2. BGHIENART _____
3. SCRONTIAIT _____
4. UMCSI _____
5. MIOEV _____
6. WLAK _____
7. AERNTU _____
8. GAYO _____
9. CEEXRIES _____
10. AIMDNTEOIT _____

Word Bank

Exercise

Journaling

Movie

Music

Nature

Yoga

Walk

Distraction

Breathing

Meditation