

Name: _____

Coping Strategies

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

listen to nature sounds
talk to someone
count to ten
play sports
take space
journal
write
sing

letter to someone
self mediation
go shopping
pet animal
exercise
garden
draw
walk

hug stuff animal
talk to adult
hug someone
stressball
watch TV
dance
pray
yoga