

Name: _____

Date: _____

Coping Tools

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

Positive Affirmations

Medication

Journaling

Therapist

Exercise

Tool Box

Support

Talking

Family

Hobby

Hope

Love