

# Coping and Mindfulness

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

Favorite Place to Go

Self-As-Context

Present Moment

In the moment

Deep Breathes

Acceptance

Defusion

Sleeping

Talking

Pokemon

Running

Mindful