

Name: _____

HEALTHY COPING STRATEGIES

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

read inspirational quotes
pamper yourself
list strengths
deep breathing
take a break
play sports
get a hug
garden
pray

play an instrument
doodle on paper
set boundaries
go to therapy
enjoy nature
do a puzzle
catharsis
paint
read

cook healthy meal
take a vacation
be with others
play with pet
polish nails
go shopping
meditate
write
cry

watch television
take a hot bath
go see a movie
call a friend
photography
take a nap
exercise
dance

take a long walk
listen to music
go for a drive
be assertive
play a game
volunteer
journal
draw