

Name: _____

Date: _____

Healthy Coping Mechanisms

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

Healthy Relationships
Being Positive
Giving Back
Journaling
Gratitude
Exercise

Anger Management
Healthy Diet
Talk it out
De-Stress
Sleeping
Humor

Deep Breathing
Spirituality
Meditation
Be Honest
Theraphy
Relax