

MHA COPING SKILLS WORD SEARCH

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

SPEND TIME WITH FAMILY
 DEEP BREATHING
 ASK FOR HELP
 VIDEO GAMES
 GARDENING
 HOTLINE
 SMILE
 SING

USE I STATEMENTS
 GOODBYE LETTER
 COUNT TO TEN
 WORD SEARCH
 YARD WORK
 CROCHET
 DRAW
 WALK

TALK TO SOMEONE
 VERBAL THERAPY
 RIDE A BIKE
 CROSSWORDS
 COLORING
 PAINT
 PRAY
 YOGA

PET YOUR ANIMAL
 TAKE A SHOWER
 SHOOT HOOPS
 GO OUTSIDE
 TIME OUT
 SLEEP
 SHOP
 CRY