

Name: _____

Positive Coping Skills

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

visualization
breathing
emotions
reading
music

Meditation
feelings
exercise
puzzles
cope

stressful
thoughts
control
skills

socialize
positive
comfort
movies