

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# SAMI Coping Skills

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

HEALTHY DISTRACTIONS  
DEEP BREATHING  
SOBER FRIENDS  
MINDFULNESS  
JOURNALING  
VOLUNTEER  
IMAGERY  
SLEEP  
WALK

ANTI-AWFULIZING  
KNOW YOUR "NO"  
ASK FOR HELP  
VIDEO GAMES  
MEDITATION  
EXERCISE  
CHURCH  
PETS

ATTEND MEETING  
SHOW GRATITUDE  
URGE SURFING  
CBT SKILLS  
PLAN AHEAD  
MAKE ART  
DANCE  
PRAY

AVOID TRIGGERS  
SUPPORT SYSTEM  
WATCH MOVIES  
COUNSELING  
PLAY GAMES  
HOBBIES  
MUSIC  
READ