

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

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

# ways to cope

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

know that you're not alone

talk about it

take a break

acceptance

be social

have fun

optimism

color

music

read