|  |  |
| --- | --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

CHILL SKILLS

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

   CREATIVENESS       MOVE AROUND       TAKE A BREAK       RECOGNIZE TRIGGERS       STOP AND THINK       PROBLEM SOLVE       AVOID ANGRY WORDS       FEW DEEP BREATHS       APOLOGIZE FOR MISTAKES       ACCEPTANCE       ASSERTIVENESS       IMESSAGES       KINDNESS       POSITIVE THINKING       VISUALIZE       CALM TV       MUSIC       LISTEN       TALK       EMPATHIZE