Coping Skills Word Search

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

   Arts and crafts       Breathe       Call a friend       Clean       Cook       Dance       Exercise       Garden       Get a new hobby       Meditate       Music       Organize       Play a game       Play with pets       Read       Relaxing bath       Sing       Smile       Write       Yoga