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

Coping Skills

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| S | S | B | Q | Y | S | **K** | **O** | **O** | **B** | **D** | **O** | **O** | **G** | **A** | **D** | **A** | **E** | **R** | A | M | I | K | M |
| X | 3 | A | X | 1 | **G** | **I** | **V** | **E** | **Y** | **O** | **U** | **R** | **S** | **E** | **L** | **F** | **A** | **B** | **R** | **E** | **A** | **K** | N |
| **Y** | F | L | U | T | **T** | P | K | X | X | **A** | **S** | **K** | **Q** | **U** | **E** | **S** | **T** | **I** | **O** | **N** | **S** | P | I |
| **P** | 0 | P | **E** | A | **A** | M | Q | S | K | A | Y | Q | Y | C | Y | M | U | S | M | W | B | F | **L** |
| **P** | E | N | **C** | H | **L** | L | R | P | O | M | Y | N | K | **W** | A | L | G | O | **S** | S | W | B | **I** |
| **A** | W | **T** | **A** | **L** | **K** | **T** | **O** | **S** | **T** | **A** | **F** | **F** | O | U | **A** | K | W | **L** | F | X | S | **T** | **S** |
| **H** | T | U | **E** | K | **I** | R | U | Q | L | L | E | L | **S** | C | W | **L** | **L** | 3 | P | I | **A** | N | **T** |
| **G** | W | **0** | **P** | D | **T** | W | S | I | Q | P | K | **T** | **D** | 3 | S | **I** | **K** | Q | R | **K** | X | F | **E** |
| **N** | **A** | **1** | **E** | K | **O** | B | P | U | C | L | **A** | 1 | W | **R** | **K** | 0 | I | **A** | **E** | E | N | U | **N** |
| **I** | **S** | **O** | **S** | W | **U** | N | **S** | N | N | **Y** | V | W | N | **S** | **A** | O | D | **T** | **W** | **T** | R | U | **T** |
| **H** | **K** | **T** | **O** | G | **T** | R | 3 | **G** | **C** | B | P | B | **R** | Q | Q | **W** | **I** | R | 3 | **A** | X | R | **O** |
| **T** | **F** | **T** | **O** | C | **D** | S | V | **A** | **U** | I | D | **U** | L | R | P | **M** | **O** | Y | C | **L** | **Y** | A | **M** |
| **E** | **O** | **N** | **H** | 3 | **O** | N | **L** | R | L | **H** | **O** | M | S | T | **E** | T | K | **R** | Q | **K** | G | A | **U** |
| **M** | **R** | **U** | **C** | X | **N** | **M** | C | K | P | **Y** | **R** | Y | E | **A** | U | Y | **X** | 1 | **C** | **T** | E | 0 | **S** |
| **O** | **H** | **O** | Q | E | **T** | S | 0 | L | **F** | C | F | **O** | **N** | K | 1 | V | **A** | W | K | **O** | 3 | V | **I** |
| **S** | **E** | **C** | X | T | **A** | 0 | L | **O** | T | L | Q | **D** | **F** | Y | K | X | **L** | T | X | **A** | **L** | L | **C** |
| **F** | **L** | **D** | 3 | 0 | **C** | 1 | **K** | I | T | O | **S** | P | L | **K** | W | E | **E** | O | T | **F** | L | **O** | **O** |
| **O** | **P** | **N** | Y | B | **T** | **N** | Q | C | 1 | **P** | 3 | N | U | Q | **S** | 0 | **R** | Y | K | **R** | F | K | **R** |
| **K** | H | **A** | D | P | **I** | 3 | C | O | **A** | B | 3 | E | D | M | T | **A** | S | 3 | H | **I** | Y | A | **S** |
| **N** | S | **P** | F | **H** | **T** | D | N | **C** | H | 3 | V | C | W | L | R | D | B | N | K | **E** | P | U | **I** |
| **I** | G | **O** | **T** | G | **O** | U | **E** | **X** | **E** | **R** | **C** | **I** | **S** | **E** | Q | H | R | Y | Q | **N** | I | N | **N** |
| **H** | G | **T** | A | P | **U** | V | V | X | G | C | F | L | H | D | D | G | P | 0 | M | **D** | F | 3 | **G** |
| **T** | 1 | **S** | **S** | **H** | **T** | **A** | **E** | **R** | **B** | **P** | **E** | **E** | **D** | **D** | **N** | **A** | **W** | **O** | **L** | **S** | **3** | D | C |
| **F** | **L** | **E** | **S** | **T** | **U** | **O** | **B** | **A** | **S** | **G** | **N** | **I** | **H** | **T** | **E** | **V** | **I** | **T** | **I** | **S** | **O** | **P** | K |

   Think of your skills       Talk it out dont act it out       Talk to a friend       Read a good book       Relax       Take time and space       Give yourself a break       Ask for Help       Ask Questions       Stay Calm       Choose Peace       Draw or Color       Positive things about Self       Talk to Staff       Think of Something Happy       Ask for Hugs       Exercise       Listen to Music or Sing       3 Slow and Deep Breaths       Stop and Count to 10       Walk Away