Coping Skills

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|  |  |  |  |  |  |  |  |  |  |  |  | 4W |  R |  I |  T |  E |  A |  L |  E |  T |  T |  E |  R |  |  |  |  |  |  Y |
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|  |  |  |  |  |  |  |  |  | 7W |  |  |  |  |  |  |  |  |  |  |  |  |  |  T |  |  |  |  |  |  P |
|  |  | 8D |  E |  E |  P |  B |  R |  E |  A |  T |  H |  I |  N |  G |  |  |  |  | 9B |  |  |  |  H |  |  |  |  |  |  O |
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|  |  |  |  | 10P |  |  | 11M |  A |  K |  E |  D |  A |  I |  L |  Y |  S |  C |  H |  E |  D |  U |  L |  E |  S |  |  |  |  |  T |
|  |  |  |  |  L |  | 12T |  |  |  I |  |  |  |  |  |  |  |  |  |  A |  |  |  |  E |  |  |  |  |  |  |
|  |  | 13P |  L |  A |  N |  A |  F |  U |  N |  T |  R |  I |  P |  | 14P |  |  |  |  T |  |  |  |  |  |  | 15G |  |  |  |
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|  |  |  |  |  A |  |  I |  |  |  | 17W | 18A |  T |  C |  H |  A |  M |  O |  V |  I |  E |  |  |  |  |  |  O |  |  |  A |
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|  | 19W |  |  |  I |  |  G |  | 20P |  E |  T |  T |  H |  E |  R |  A |  P |  Y |  | 21G |  A |  R |  D |  E |  N |  I |  N |  G |  |  K |
|  |  R |  |  |  N |  |  A |  |  |  |  |  |  |  |  |  G |  |  |  |  R |  |  |  |  |  |  |  D |  |  |  I |
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| 26S |  T |  R |  E |  T |  C |  H |  I |  N |  G |  R |  E |  L |  A |  X |  A |  T |  I |  O |  N |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  | 28G |  U |  I |  D |  E |  D |  M |  E |  D |  I |  T |  A |  T |  I |  O |  N |  |  |  |  |  |  |  |

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| **Across****2.** speaking positive, thinking positive**4.** writing to a specific person**5.** preparing food**6.** comes in 25, 100, 300, 500 or more pieces**8.** in through your nose, to diaphragm, out mouth**11.** schedule activities each day**13.** Preferred place or special place**17.** Comedy, Horror, Drama, Sci-Fi, Documentary**20.** involves cats and/or dogs**21.** plants, vegetables, trees, mowing, weeding**22.** "I" feel, think, believe**23.** Moving along to a song **25.** Classical, Country, Rock, Rap**26.** involves relaxing all muscles throughout the body**27.** writing down thoughts and feelings **28.** closing your eyes, listen to instructor guide through calming/relaxing place | **Down****1.** soccer, football, tennis, running, baseball**3.** relax jaw, shoulders and stomach**7.** In nature/outdoors**9.** in through your nose, out through your mouth**10.** piano, guitar, trumpet, drums**12.** Short period of alone time**14.** uno, man bites dog, monopoly, life**15.** focusing on five senses **16.** trusting in someone else with thoughts and feelings**18.** using markers, colored pencils, gel pens, paint**19.** to-do, ideas, positive thoughts**24.** funny stories, jokes, comedy movies, comedians |