Coping Skills

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|  |  |  |  |  |  |  |  |  |  |  |  | 4  W | R | I | T | E | A | L | E | T | T | E | R |  |  |  |  |  | Y |
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|  |  |  |  |  |  |  |  |  |  | 5  C | O | O | K | O | R | B | A | K | E |  |  |  | 6  P | U | Z | Z | L | E | S |
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|  |  | 8  D | E | E | P | B | R | E | A | T | H | I | N | G |  |  |  |  | 9  B |  |  |  | H |  |  |  |  |  | O |
|  |  |  |  |  |  |  |  |  | L |  |  |  |  |  |  |  |  |  | R |  |  |  | R |  |  |  |  |  | R |
|  |  |  |  | 10  P |  |  | 11  M | A | K | E | D | A | I | L | Y | S | C | H | E | D | U | L | E | S |  |  |  |  | T |
|  |  |  |  | L |  | 12  T |  |  | I |  |  |  |  |  |  |  |  |  | A |  |  |  | E |  |  |  |  |  |  |
|  |  | 13  P | L | A | N | A | F | U | N | T | R | I | P |  | 14  P |  |  |  | T |  |  |  |  |  |  | 15  G |  |  |  |
|  |  |  |  | Y |  | K |  |  | G |  |  |  |  |  | L |  |  |  | H |  |  |  |  |  |  | R |  |  | 16  T |
|  |  |  |  | A |  | I |  |  |  | 17  W | 18  A | T | C | H | A | M | O | V | I | E |  |  |  |  |  | O |  |  | A |
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|  | 19  W |  |  | I |  | G |  | 20  P | E | T | T | H | E | R | A | P | Y |  | 21  G | A | R | D | E | N | I | N | G |  | K |
|  | R |  |  | N |  | A |  |  |  |  |  |  |  |  | G |  |  |  | R |  |  |  |  |  |  | D |  |  | I |
|  | I |  |  | S |  | B |  |  |  |  |  | 22  I | S | T | A | T | E | M | E | N | T | S |  |  |  | I |  |  | N |
|  | T |  |  | T |  | R |  |  |  |  |  |  |  |  | M |  |  |  | T |  |  |  |  |  |  | N |  |  | G |
|  | E |  |  | R |  | E |  |  |  |  | 23  D | A | N | C | E |  | 24  L |  | R |  |  |  |  |  |  | G |  |  |  |
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|  | L |  |  | M |  | K |  | 25  L | I | S | T | E | N | T | O | M | U | S | I | C |  |  |  |  |  |  |  |  |  |
|  | I |  |  | E |  |  |  |  |  |  |  |  |  |  |  |  | G |  | N |  |  |  |  |  |  |  |  |  |  |
|  | S |  |  | N |  |  |  |  |  |  |  |  |  |  |  |  | H |  | I |  |  |  |  |  |  |  |  |  |  |
| 26  S | T | R | E | T | C | H | I | N | G | R | E | L | A | X | A | T | I | O | N |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |  | 27  J | O | U | R | N | A | L | I | N | G |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  | 28  G | 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 |