Coping Skills

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

   Bake cookies       Clean something       Deep breathing       Do a puzzle       Doodle on paper       Exercise       Go for a walk       Go see a movie       Go shopping       Go to friend's house       Imagery       Jogging       Journal       Listen to music       Meditate       Paint your nails       Play with a pet       Play with little kids       Punch a punching bag       Put on fake tattoos       Read a good book       Rearrange furniture       Relaxation       Ride a bike       Sing       Study the sky       Surf the internet       Take a bubble bath or shower       Tear paper       Text a friend       Visualization       Watch a TV show       Write poetry