Coping Skills

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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 |