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

Coping skills 1

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

   Arts & Crafts       Clean       Coloring       Cooking       Count to Ten       Deep Breathing       Do a puzzle       Draw a random design       Drawing       exercise       Find safe place       Just breathe       Listen to Music       Paint your nails       Painting       Pet your dog or cat       Play a board game       Play cards       Sewing       Sing       Slowly sip a beverage       Squeeze a stress ball       Stretch       Take a shower       Take a time out       Talk to a friend       Talk to self       Think about happy memories       Think about loved ones       Watch a fish       Write a letter       Write in a Journal