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

HEALTHY COPING STRATEGIES

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

   photography       list strengths       be assertive       volunteer       pamper yourself       read inspirational quotes       play an instrument       take a break       enjoy nature       set boundaries       garden       play a game       play sports       doodle on paper       be with others       get a hug       catharsis       go to therapy       go see a movie       do a puzzle       draw       cook healthy meal       take a vacation       play with pet       polish nails       watch television       cry       paint       go for a drive       write       call a friend       pray       take a hot bath       take a nap       go shopping       meditate       read       listen to music       take a long walk       dance       journal       exercise       deep breathing