

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Coping Skills

HGRZESICREXETATIDEMQVSVX  
UKTLUDANAOTKLATCXHPKYVJN  
GIVEAHUGVSNAE LZ ZUPAODLGH  
ZUOVWATC HTV XEGQE HMD E LRMJ  
IHTABAEKATUVSDSYPIMLAKG  
ULCLLZHAHSPFGTDACKHAAAYGF  
WHLISTENTOMUSICAHIPGBWND  
WKSQASSP D FHRABVRWJLASEIW  
LAMINADEF F UTSAGUHJCGSGHA  
RUYAYPAREHTAMORAGOANEXTE  
CGARDENVNEWCPYGT PCXIRYAE  
LZPGOADT NFRPWYYIDICYTIER  
EBWATCHAMOVIEONAJYFASLRF  
AKJCNVMQNP G VGLHWD FLRDBS  
NQEVITISOPEBSJS LGATPGTPS  
SUQFIURPKVCKBEBVIYKFOOEE  
OZTQHUIEIZICAHHC L POLQOER  
MSZKFAAZULUOLPROQSAYAWDT  
EVUPETEELAAPJOURNALHAWPS  
TZGBOZUSANYEBBGVKGQWCRUH  
HGQFECWWPFSJASPAJKKAYNPA  
IRUJHLVUCOOKHIMLBLKREMU F  
NHCZLPDLM S G DUFEMTVGDP COP  
GUZKBXOPE T T I N G A N A N I M A L T V

stress free   cope   coping skills   be positive   aromatherapy   journal   give a hug  
draw   watch a movie   listen to music   do a puzzle   eat   garden   pray  
hug a stuffed animal   punch a pillow   cook   meditate   clean something  
talk to an adult   exercise   Petting an animal   take a bath   watch TV   stress ball  
walk away   playing a game   deep breathing