

Name: _____

Date: _____

Coping Skills

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