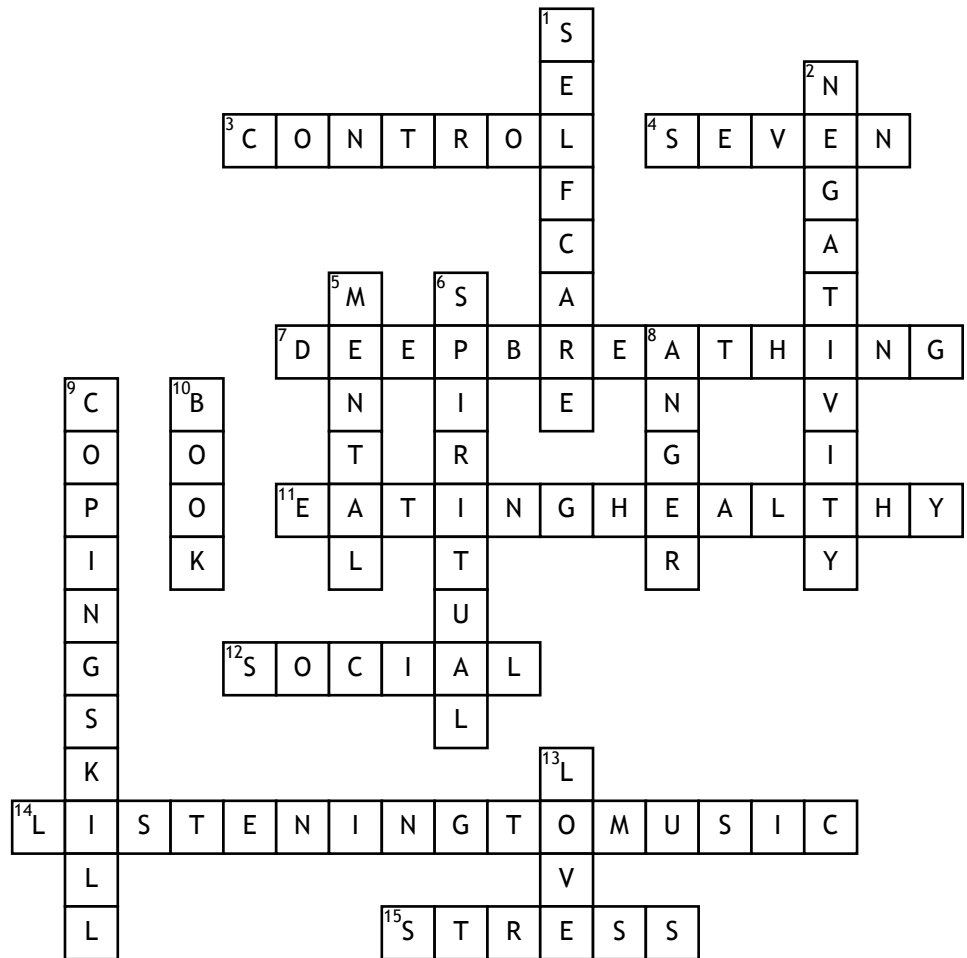


Name: _____ Date: _____

Self Care & Coping Skills

Across

3. Letting go of things you can't _____ is a step of self care
4. There are _____ dimensions of self care
7. An example of a coping skill
11. Example of physical self care
12. One dimension of Self care that focuses on relationships
14. Example of emotional self care
15. A sign of needing self care



Down

1. Preventative measure before getting angry
2. Avoiding _____ can be a way to take care of ourselves
5. Self care examples include reading, doing puzzles, trying something new
6. Self care example including yoga, church, and meditation
8. Emotion that needs coping skills
9. Reactive measure for when you're already angry
10. You can read this
13. An emotion that is very important for self care

