

Coping Skills

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

Bake cookies Clean something Deep breathing Do a puzzle Doodle on paper Exercise
Go for a walk Go see a movie Go shopping Go to friend's house Imagery Jogging Journal
Listen to music Meditate Paint your nails Play with a pet Play with little kids
Punch a punching bag Put on fake tattoos Read a good book Rearrange furniture Relaxation
Ride a bike Sing Study the sky Surf the internet Take a bubble bath or shower Tear paper
Text a friend Visualization Watch a TV show Write poetry