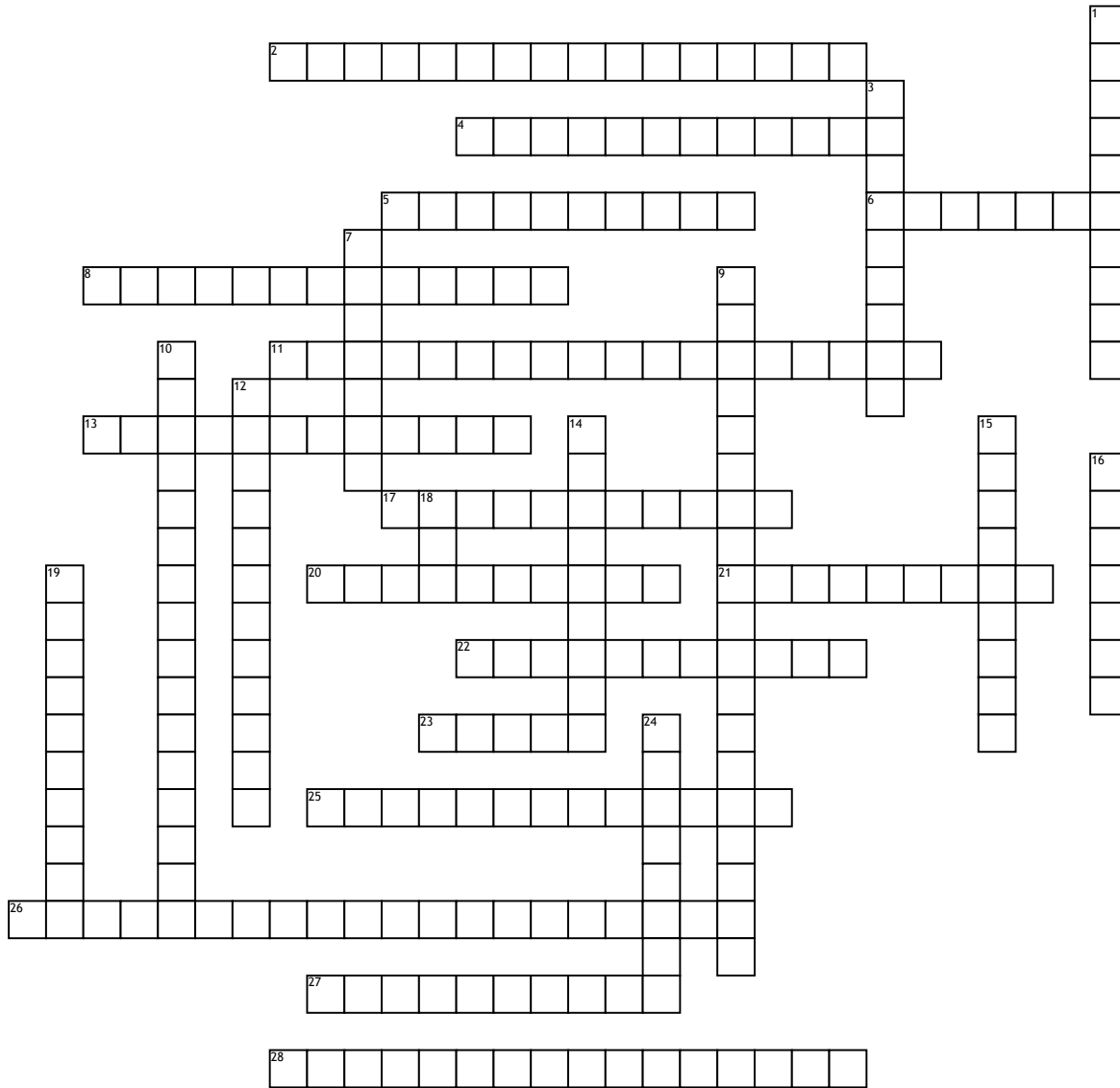


Coping Skills



Across

2. speaking positive, thinking positive
4. writing to a specific person
5. preparing food
6. comes in 25, 100, 300, 500 or more pieces
8. in through your nose, to diaphragm, out mouth
11. schedule activities each day
13. Preferred place or special place
17. Comedy, Horror, Drama, Sci-Fi, Documentary
20. involves cats and/or dogs
21. plants, vegetables, trees, mowing, weeding

22. "I" feel, think, believe

23. Moving along to a song

25. Classical, Country, Rock, Rap

26. involves relaxing all muscles throughout the body

27. writing down thoughts and feelings

28. closing your eyes, listen to instructor guide through calming/relaxing place

Down

1. soccer, football, tennis, running, baseball

3. relax jaw, shoulders and stomach

7. In nature/outdoors

9. in through your nose, out through your mouth

10. piano, guitar, trumpet, drums

12. Short period of alone time

14. uno, man bites dog, monopoly, life

15. focusing on five senses

16. trusting in someone else with thoughts and feelings

18. using markers, colored pencils, gel pens, paint

19. to-do, ideas, positive thoughts

24. funny stories, jokes, comedy movies, comedians