COPING SKILLS

volunteering  drinking tea  board games  gardening  playing cards
mindfulness  library  sensory room  yoga  journaling
animals  taichi  sports  dancing  reading
gratitude  treatment mall  singing  healthy eating
socializing  library  music  walking  deep breathing
sleeping  art  creativity  Exercise
drawing  H Y D A N C I N G T Y T J H X P A X T A I C H I

deep breathing  I O P X W S S E J L F E

Exercise  reading  W W M D H U N Q N G N

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