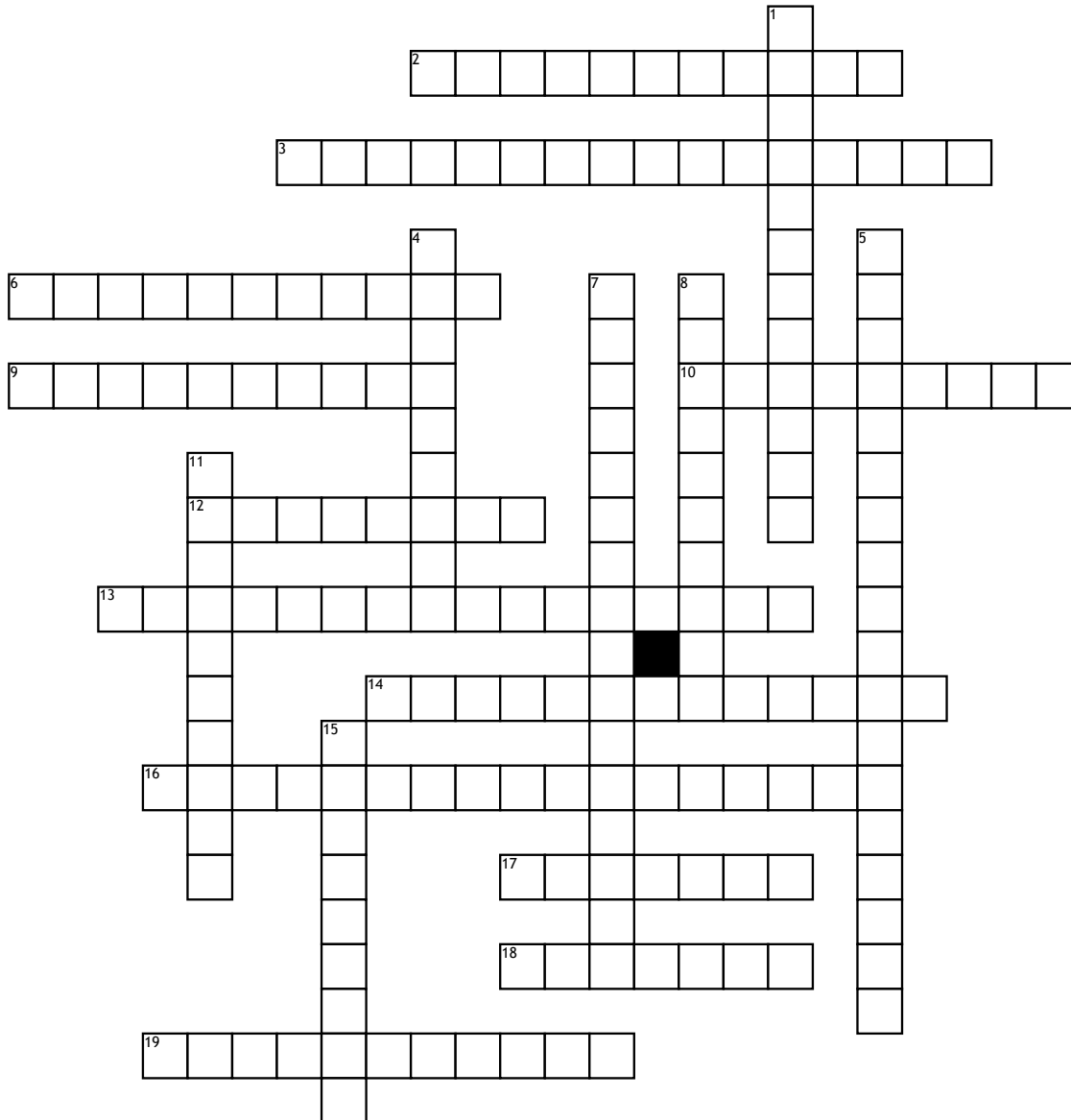


Coping Skills



Across

2. Tool used to center and ground yourself to the present moment
 3. thinking and speaking to yourself in a positive manner
 6. a coping technique that involves you taking your mind off of the problem for a period of time
 9. A resource you can utilize when coping skills are not working; provides resources you can use when you are in distress
 10. A _____ coping skill is a way of coping that might help you feel better in the moment, but usually leads to consequences that can be harmful to yourself or others.
 12. Physical activity that releases endorphins (happy chemical in the brain)

13. A relaxation activity that involves closing your eyes and listening to an instructor guide you through a calming or relaxing plan
 14. These are attended to talk with people who are going through similar situations
 16. A DBT skill that involves the ability to tolerate and survive a crisis without making it worse
 17. A _____ coping skill is a way of coping that helps you feel better and doesn't harm you or other people.
 18. meeting with a professional that typically involves talking and working through problems
 19. The way you choose to respond to your feelings of stress, anger, anxiety, and other emotions. Can be healthy or unhealthy.

Down

1. A coping technique that involves comforting yourself using your five senses
 4. _____ activities require you to think and take your mind off of current stressor
 5. _____ activities allow for self expression through the use of art-related materials and activities
 7. A coping technique that helps you vent and express your feelings
 8. An activity that allows you to express your thoughts and feelings through writing
 11. Something used to manage and regulate symptoms; typically prescribed by a psychiatrist or other medical professional
 15. A technique used to bring yourself to the present moment and to keep your mind focused on what is happening around you