

# Coping Skills

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

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|-----------------|----------------|----------------|--------------|
| TALK TO FRIENDS | FINGER TOUCHES | PLAY WITH PETS | DEEP BREATHS |
| WATCH MOVIES    | DRINK WATER    | GO FOR WALK    | VIDEO GAMES  |
| MEDITATION      | TEAR PAPER     | WARM BATH      | COUNTING     |
| ORGANIZE        | JOURNAL        | READING        | RUNNING      |
| WORKOUT         | CRAFTS         | SHOWER         | CLEAN        |
| COLOR           | MUSIC          | DRAW           | YOGA         |