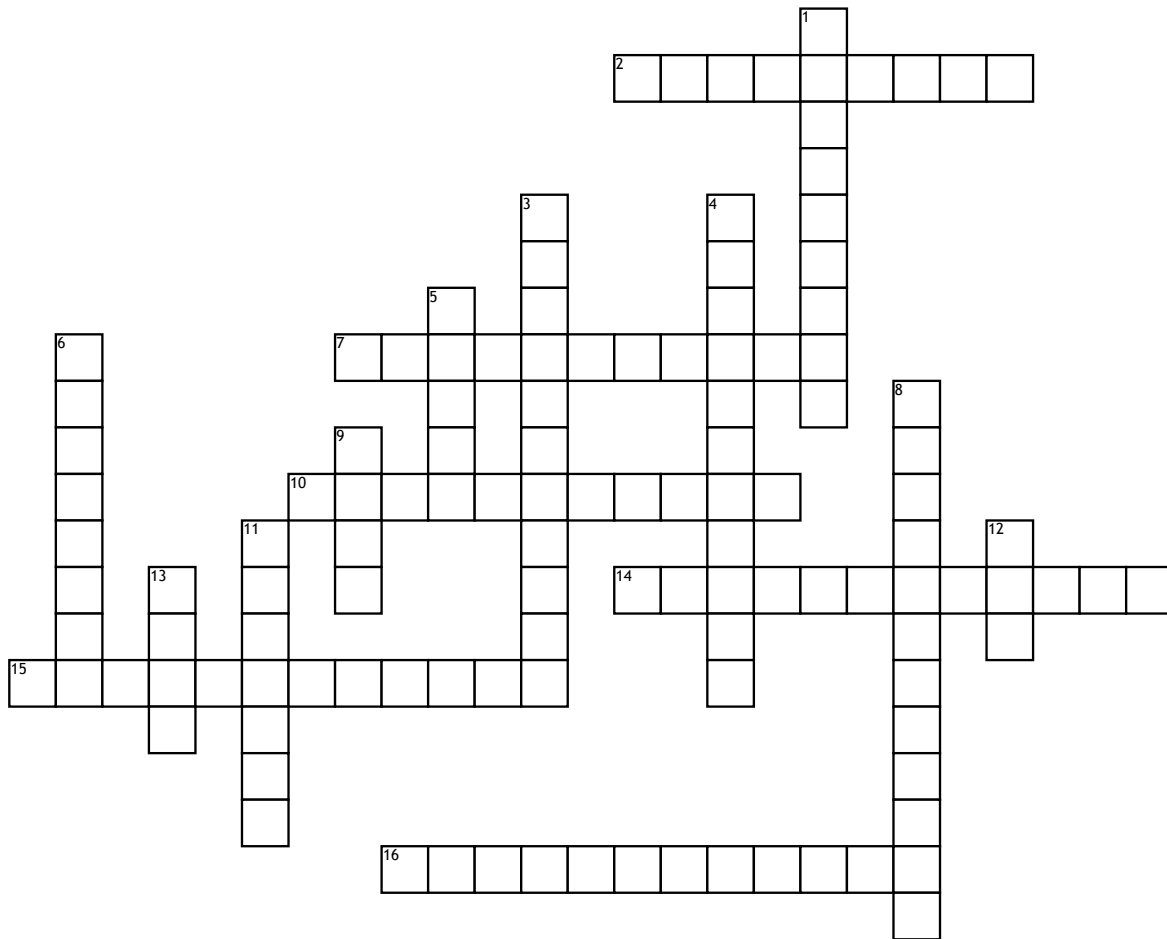


# Covid19 Coping Skills



## Across

2. a verbal outburst usually done when all else fails,  
 7. (2 words, 5 & 5) a tidying activity often done yearly but now done because time is on our side,  
 10. activities designed to keep one's mind free from stress,  
 14. (3 words 2 2 & 8) projects that one is doing and may involve lining up at Bunnings,  
 15. getting rid of excess items in the house,  
 16. a qualified person who listens to your issues and offers advice,

## Down

1. a therapeutic method of tending to the outdoors,  
 3. one is advised to have the COVIDSafe app on their phone and it is done by doing this,  
 4. an activity where one initiates a call just to listen to a real voice, often being a friend,  
 5. a variety of artistic pursuits,  
 6. running, cycling, boxing etc,  
 8. (4 words 4 2 2 & 4) one needs to do this often via radio, newspaper or online,

9. an alcoholic antidote but illegal for teachers to use whilst at school,  
 11. another activity able to be completed due to having the time - usually involves paperwork,  
 12. question our friends or neighbours if they require anything,  
 13. an activity where one does this for another or is the recipient,