

Name: _____

Date: _____

coping skills

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

accept responsibility
support system
affirmation
compliment
gratitude
exercise
smiling
laugh
pets

attending a meeting
embrace change
communicate
date night
set goals
achieve
walking
music

talking with friend
playing a game
journaling
positivity
gardening
believe
let go
hope

beauty of nature
encouragement
meditation
celebrate
leisure
forgive
faith
yoga