

Name: _____

Date: _____

Coping Skills

HGRZESICREXETATIDEMQVSVX
UKTLUDANAOTKLATCXHPKYVJN
GIVEAHUGVSNAE LZ ZUPAODLGH
ZUOVWATC HTV XEGQEHMDEL RMJ
IHTABAEKATUVSDSYPIMLAKG
ULCLLZHAHSPFGTDACKHAAAYGF
WHLISTENTOMUSICAHIPGBWND
WKSQASSP D FHRABVRWJLASEIW
LAMINADEF F UTSAGUHJCGSGHA
RUYAYPAREHTAMORAGOANEXTE
CGARDENVNEWCPYGT PCXIRYAE
LZPGOADT NFRPWYYIDICYTIER
EBWATCHAMOVIEONAJYFASLRF
AKJCNVMQNP G VGLHWD FLRDBS
NQEVITISOPEBSJS LGATPGTPS
SUQFIURPKVCKBEBVIYKFOOEE
OZTQHUIEIZICAHHC L POLQOER
MSZKFAAZULUOLPROQSAYAWDT
EVUPETEELAAPJOURNALHAWPS
TZGBOZUSANYEBBGVKGQWCRUH
HGQFECWWPFSJASPAJKKAYNPA
IRUJHLVUCOOKHIMLBLKREMU F
NHCZLPDLMSGDUFEMTVGDP COP
GUZKBXOPE TTINGANANIMALTV

stress free cope coping skills be positive aromatherapy journal give a hug
draw watch a movie listen to music do a puzzle eat garden pray
hug a stuffed animal punch a pillow cook meditate clean something
talk to an adult exercise Petting an animal take a bath watch TV stress ball
walk away playing a game deep breathing