

Coping Skills Word Search

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

art

bake or cook

be positive

color

count to ten

craft

deep breathes

do a puzzle

draw a picture

exercise

garden

go for a walk

hyperfocus

journal

laugh

make a gratitude list

meditate

practice mindfulness

read a book

selfcare

take a break

use a stress ball

watch a movie

yoga