

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

# Coping Skills Word Search

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

Exercise

Meditate

Punching Bag

Video Games

Yoga

Journaling

Bake

Dancing

Knit

Paint

Shopping

Color

Walking

Deep Breathing

Eat

Stress Ball

Draw

Watch TV