



# COPING SKILLS

## word search

Find the coping skills hidden in the puzzle!



### WORD LIST



-  BREATHE DEEPLY
-  GRATITUDE JOURNAL
-  STRETCH
-  UNPLUG
-  DRINK WATER
-  TAKE A BREAK
-  JOURNALING
-  MOVE YOUR BODY
-  LISTEN TO MUSIC
-  TALK TO SOMEONE
-  PRACTICE MINDFULNESS
-  DRAW OR DOODLE
-  SPEND TIME IN NATURE
-  SET BOUNDARIES
-  POSITIVE SELF TALK
-  READ A GOOD BOOK
-  VISUALIZE PEACE
-  GROUND YOURSELF
-  CELEBRATE SMALL WINS

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

You don't have to do it all.

*Take care of you.*



Small skills,  
big difference.

