

Coping Skills

L	A	A	R	C	N	M	N	G	C	D	R	C	E
A	R	O	Y	O	G	A	O	L	L	E	N	N	I
U	T	L	R	D	R	I	N	K	W	A	T	E	R
R	D	A	C	O	L	T	A	W	A	D	L	R	N
J	E	T	Y	I	U	S	E	O	W	E	S	O	D
D	E	A	N	J	S	N	G	I	A	T	L	A	G
R	T	E	D	E	A	U	S	O	L	M	A	A	R
A	E	N	O	R	I	Y	M	C	K	R	E	R	R
I	S	D	N	E	I	R	F	O	T	K	L	A	T
U	E	S	I	C	R	E	X	E	E	R	U	N	A
A	E	M	A	G	G	N	I	D	N	U	O	R	G
O	D	A	S	I	N	R	O	E	C	N	A	D	N
L	G	G	L	A	N	R	U	O	J	N	R	N	G
I	D	R	C	A	L	M	I	N	G	J	A	R	T

TALK TO FRIENDS
DRINK WATER
READ
MUSIC
EXERCISE
DANCE
YOGA
WALK
CALMING JAR
ART
JOURNAL
GROUNDING GAME

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