

Healthy Coping Skills

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

PRAY
 EAT HEALTHY
 TEAR PAPER
 HUGAPILLOW
 WRITE A LETTER
 DO A PUZZLE
 DRAW
 MEDITATE
 PLAY SPORTS
 PAINT
 YOGA
 TAKE A BATH
 DANCE
 EXERCISE
 COLOR
 JOURNAL
 SING
 COOK
 TALK
 IMAGERY

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