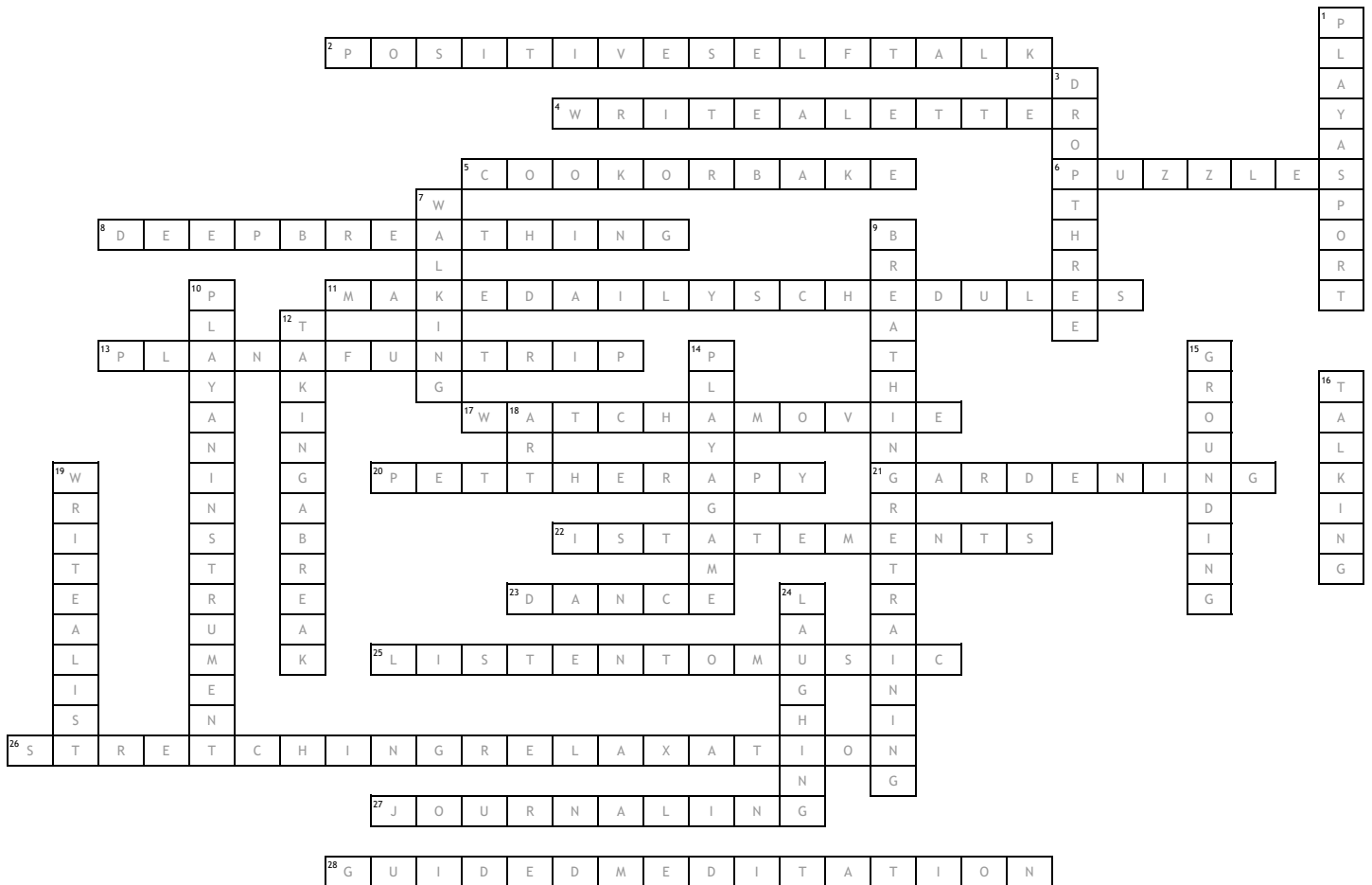


# Coping Skills



## Across

2. speaking positive, thinking positive
4. writing to a specific person
5. preparing food
6. comes in 25, 100, 300, 500 or more pieces
8. in through your nose, to diaphragm, out mouth
11. schedule activities each day
13. Preferred place or special place
17. Comedy, Horror, Drama, Sci-Fi, Documentary
20. involves cats and/or dogs
21. plants, vegetables, trees, mowing, weeding
22. "I" feel, think, believe
23. Moving along to a song
25. Classical, Country, Rock, Rap
26. involves relaxing all muscles throughout the body
27. writing down thoughts and feelings
28. closing your eyes, listen to instructor guide through calming/relaxing place

## Down

1. soccer, football, tennis, running, baseball
3. relax jaw, shoulders and stomach
7. In nature/outdoors
9. in through your nose, out through your mouth
10. piano, guitar, trumpet, drums
12. Short period of alone time
14. uno, man bites dog, monopoly, life
15. focusing on five senses
16. trusting in someone else with thoughts and feelings
18. using markers, colored pencils, gel pens, paint
19. to-do, ideas, positive thoughts
24. funny stories, jokes, comedy movies, comedians