



Name _____

Coping Strategies Word Search

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

Boundaries
Support
Schedule
Pause
Talk

Reflect
Express
Plan
Delegate
Affirm

Breathe
Center
Gratitude
List
Routine

