

COPING SKILLS WORD SEARCH

Taking care of your mind and heart matters. Hidden in this puzzle are words that remind you of simple, positive ways to cope with stress and challenges. As you find each word, take a moment to think about how you could use that skill in your own life. Let this be both a game and a gentle reminder: you have tools to take care of yourself!

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

Gratitude
Breathe
Stretch

Prayer
Create
Calm

Exercise
Journal
Hydrate

Nature
Dance
Laugh

Kindness
Friends
Reflect

Music
Hope
Rest