

Coping Skills Health

Word Search

Find the words hidden in the puzzle

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

ACCEPTANCE

BREATHE

CALM

EXERCISE

FOCUS

GRATITUDE

JOURNAL

MEDITATE

PATIENCE

RESILIENCE

SELFCARE

SUPPORT

THERAPY

VISUALIZE

WELLBEING