

Everyday Coping Tools

Hard · 16 × 16 · 18 words · every direction, backwards too

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

- ☐ JOURNALING
- ☐ MEDITATION
- ☐ VISUALIZATION
- ☐ AFFIRMATIONS
- ☐ BODY SCAN
- ☐ DIGITAL DETOX

- ☐ BOUNDARIES
- ☐ VOLUNTEERING
- ☐ BIRDWATCHING
- ☐ POTTERY
- ☐ STRETCHING
- ☐ SCHEDULING

- ☐ STORYTELLING
- ☐ TAI CHI
- ☐ PLAYLIST
- ☐ JIGSAW
- ☐ CALLIGRAPHY
- ☐ BEACHCOMBING

Everyday Coping Tools: answer key

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