

# 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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