

# Coping Skills for De-stressing

Take a few minutes to get comfortable, relax and unplug from your daily tasks to enjoy completing this word search. All the words are related to coping with stress.

*It's simple fun!*



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|---------------|-------------------|----------------------|------------------|
| stress free   | cope              | coping skills        | be positive      |
| aromatherapy  | journal           | give a hug           | draw             |
| watch a movie | listen to music   | do a puzzle          | eat              |
| garden        | pray              | hug a stuffed animal | punch a pillow   |
| cook          | meditate          | clean something      | talk to an adult |
| exercise      | Petting an animal | take a bath          | watch TV         |
| stress ball   | walk away         | playing a game       | deep breathing   |