

THIS PUZZLE IS BROUGHT TO YOU BY



## Print More Free Puzzles

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[www.puzzlecow.com](http://www.puzzlecow.com)

## Choose Your Format

We cater to every puzzler's taste by offering our puzzles in a variety of formats. Our colorful puzzles are perfect for engaging those who love a visually stimulating experience, while our minimalistic puzzles provide a clean, classic look ideal for a more traditional solving experience. No matter your preference, our diverse formats ensure you can enjoy word search puzzles in a style that suits you best.

## About Puzzle Cow

Our passion lies in creating engaging and enjoyable puzzles that cater to everyone, from teachers and mental health professionals to puzzle enthusiasts looking for some fun. We dedicate ourselves to crafting a diverse array of puzzles, including word searches, crosswords, and more, each designed to challenge the mind and bring a smile to your face.

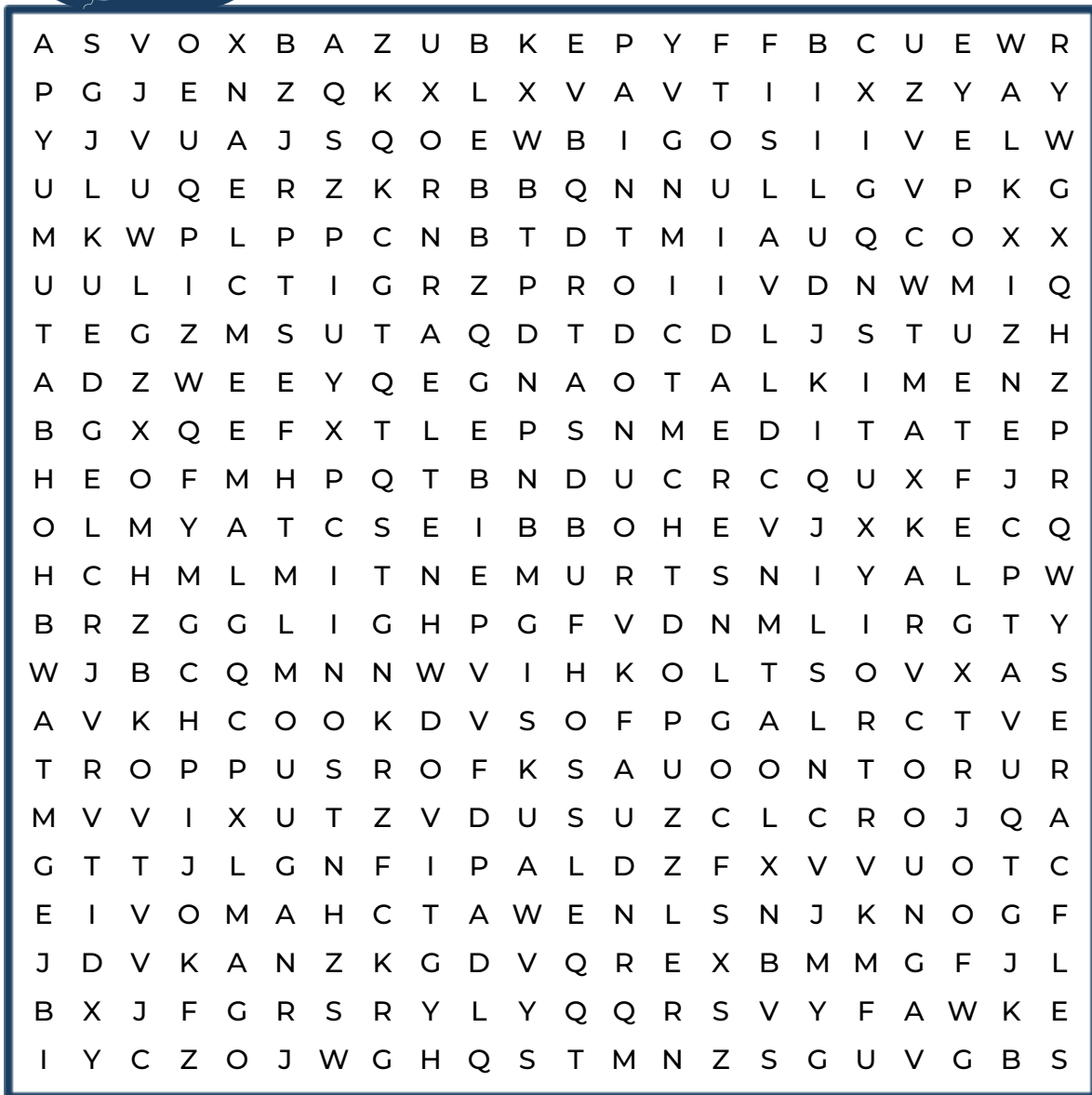
Name: \_\_\_\_\_

Date: \_\_\_\_\_



# Coping Skills Word Search

Find the words in the puzzle. Words can go in any direction. Words can share letters as they cross over each other.



Ask for Support  
 Chew Gum  
 Clean  
 Color  
 Cook  
 Dance  
 Do Puzzle  
 Exercise

Hobbies  
 Journal  
 Learn  
 Listen to Music  
 Meditate  
 Mindfulness  
 Paint  
 Play Instrument

Read  
 Self Care  
 Socialize  
 Talk  
 Volunteer  
 Walk  
 Watch a Movie  
 Yoga



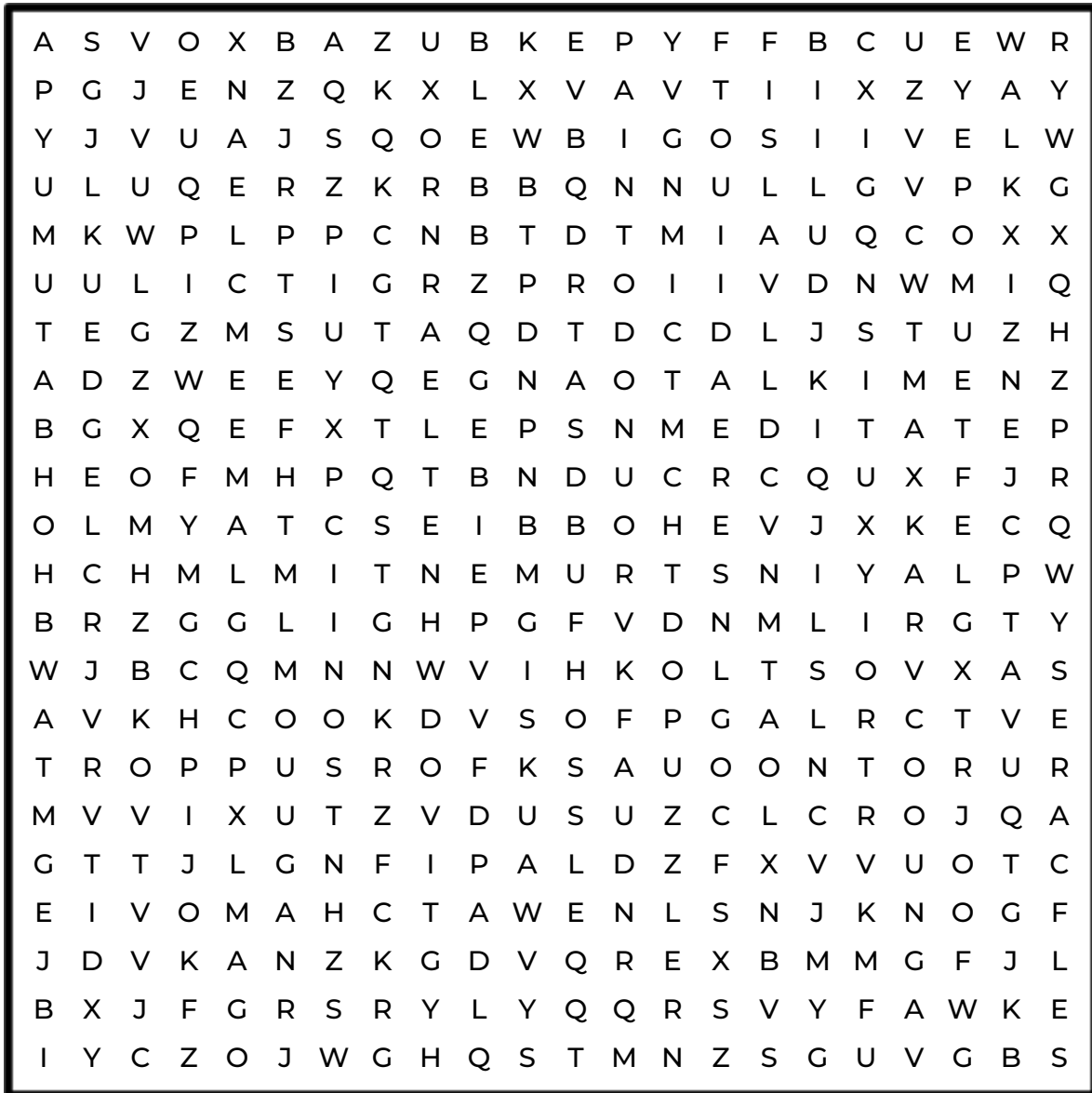
Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Coping Skills Word Search

Find the words in the puzzle. Words can go in any direction.

Words can share letters as they cross over each other.

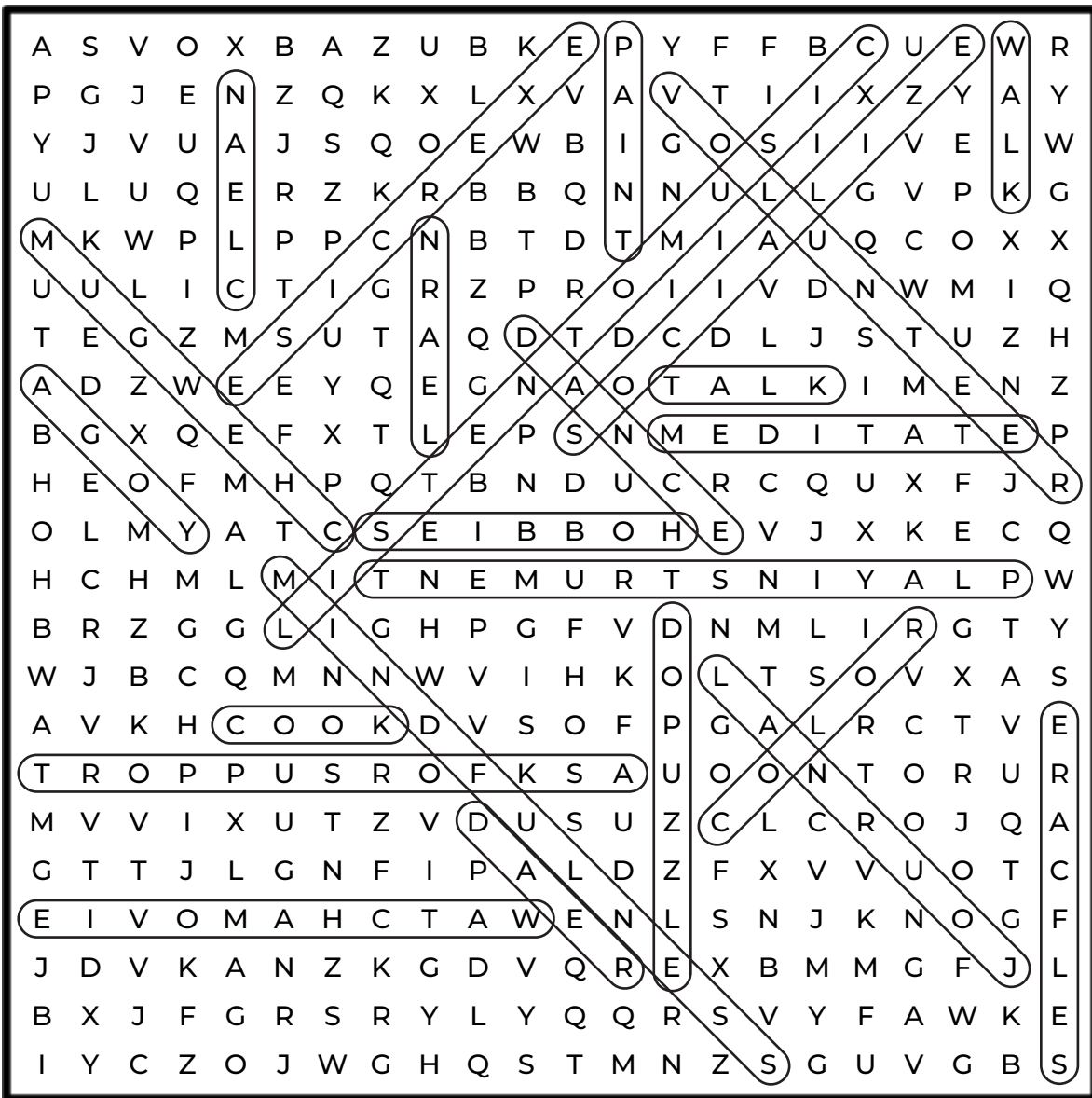


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Yoga

# Coping Skills Word Search Solution



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