

Coping With Uncertainty

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

FEEL YOUR FEELINGS ACCEPT EMOTIONS STAY PRESENT MANAGE STRESS SELF-CARE
BE POSITIVE STAY CONNECTED EAT HEALTHY GET MOVING SLEEP WELL



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Answers on back

Coping With Uncertainty

Answer Key

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

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