



I SPY coping strategies



How many of the following coping strategies can you find?
What do you think each symbol/image means?

- | | | | | | |
|---|---|---|---|---|---|
| 4 | 5 | 5 | 7 | 3 | 4 |
| 5 | 4 | 4 | 6 | 4 | 2 |
| 6 | 3 | 3 | 3 | 6 | 5 |