

Coping Skills Jeopardy

	Individual Coping Skills (How is this a coping skill?)	Group Coping Skills (How is this a coping skill?)	True or False	Setting SMART Goals	Riddles
100	Play music that creates an emotion that is the opposite of the one you are struggling with	Serve or help someone else.	"Instant Fixes" for stress exist. False	Which part of SMART do the questions who, what, where, why, etc. address? Specific	What gets wetter and wetter the more it dries? A towel
200	Be Mindful	Call a friend	No thought or feeling is wrong in itself, it is what we do with it that really counts. True	Which part represents something you are willing and able to achieve? Realistic	What can you catch but not throw? A cold (or the flu)
300	Exercise	Go for a walk with a neighbor	Taking time for yourself each day is essential to coping with life's pressures. True	Which part includes a deadline? Timely	What goes around the world but stays in a corner? A stamp
400	Create a piece of artwork	Go to a public place and be around others.	ALL stress is out of your control. False	What does SMART stand for? Specific Measurable Attainable Realistic Timely	I have holes in my top and bottom, my left and my right, and in the middle. But I still hold water - What am I? A Sponge

Anxiety Jeopardy Questions

Joacim Rocklöv



Anxiety Jeopardy Questions:

The Top Books of the Year Anxiety Jeopardy Questions The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels captivating the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the fascinating narratives that have captivated audiences this year. Anxiety Jeopardy Questions : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Anxiety Jeopardy Questions : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Anxiety Jeopardy Questions : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and thrilling novel that will keep you speculating until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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