

# Cope With Stress

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

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|-----------------------|------------------|-------------------|----------------|--------------|
| healthy relationships | express yourself | positive attitude | deep breathing | watch movies |
| photography           | word search      | wind chimes       | take a bath    | eat healthy  |
| manage time           | mindfulness      | communicate       | journaling     | more sleep   |
| pet a dog             | self talk        | taekwondo         | fresh air      | set goals    |
| daydream              | shopping         | pedicure          | chew gum       | meditate     |
| exercise              | flowers          | therapy           | friends        | reading      |
| family                | baking           | poetry            | soccer         | clean        |
| flute                 | piano            | faith             | pizza          | dance        |
| laugh                 | music            | yoga              | run            | art          |