

Name: _____

Date: _____

Coping With Stress

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

Time Management
Meditation
Therapy
Stress
Cope

Deep Breathing
Exercise
Health
Hobby
Diet

Essential Oils
Anxiety
Nature
Music
Yoga