

# De-Stress Word Search

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

- |                  |               |              |              |              |
|------------------|---------------|--------------|--------------|--------------|
| Acts of Kindness | Keep hydrated | Ask for help | Stay focused | Find Support |
| Take breaks      | Play sports   | Talk a walk  | Eat Healthy  | Relaxation   |
| Confidence       | Meditation    | Volunteer    | Be active    | Reach Out    |
| Friends          | Balance       | Connect      | Colour       | Family       |
| Nature           | Craft         | Music        | Dance        | Sleep        |
| Goals            | Learn         | Yoga         | Talk         |              |