

How to Handle Stress

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

- Unplug electronics
- Keep Perspective
- Reward Yourself
- listen to music
- breathe deeply
- adequate sleep
- support system
- Healthy snacks
- take time off
- Think Positive
- favorite show
- motivation
- prioritize
- organize
- meditate
- exercise
- friends
- Be happy
- sports
- hobby
- dance
- relax
- laugh
- sing
- Play

