

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Lets Be Stress Free

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

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|-----------------|---------------|---------------|--------------|-------------|
| Listen to music | Relationships | Communication | Deep breaths | Environment |
| Talk it out     | Read a book   | Remain calm   | Journaling   | Exercising  |
| Positivity      | Relaxation    | Happiness     | Nutrition    | Fresh air   |
| Laughter        | Meditate      | Dancing       | Singing      | Balance     |
| Be kind         | Hobbies       | Friends       | Support      | Family      |
| Coping          | Games         | Yoga          | Pets         |             |