

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

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

# STRESS MANAGEMENT

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

LOWERYOUREXPECTATIONS  
UNDERSTANDING  
VOLUNTEERWORK  
CRAFTSORART  
EDUCATION  
PATIENCE  
EMPATHY  
PRAYER

EMOTIONALWELLBEING  
SELFAWARENESS  
PHYSICALREST  
FORGIVENESS  
VACATIONS  
EXERCISE  
FITNESS  
MUSIC

TALKINGWITHFRIEND  
COMMUNICATION  
FLEXIBILITY  
RESOLUTION  
SOLICITUD  
MEDITATE  
READING  
WRITE