

Name: _____

Date: _____

Shake off your Stress- Shamrock Search

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

Essential Oils
Meditation
Laughter
Reading
Focus
Yoga

Mindfulness
Positivity
Balance
Talking
Music

Being Kind
Breathing
Hobbies
Walking
Sleep

Friendship
Fresh Air
Imagery
Writing
Pets