

# Stress Awareness

1. RELXA \_\_\_\_\_
2. EMDFSUNILSN \_\_\_\_\_
3. UMROH \_\_\_\_\_
4. TPEVSIUI UOGHSTHT \_\_\_\_\_
5. ILAXOEANTR MROO \_\_\_\_\_
6. NUGOLIRNAJ \_\_\_\_\_
7. ISCAPYLH CYTITVAI \_\_\_\_\_
8. ONEOZS \_\_\_\_\_
9. AIOEGRZN \_\_\_\_\_
10. MISLE \_\_\_\_\_
11. HRBEATE \_\_\_\_\_
12. YBIEILFXITL \_\_\_\_\_
13. QTIEU TIME \_\_\_\_\_
14. ATELONMOI POTRPSU \_\_\_\_\_
15. ERIROPTIIZ \_\_\_\_\_

## Word Bank

POSITIVE THOUGHTS

SMILE

MINDFULNESS

ORGANIZE

BREATHE

RELAX

PRIORITIZE

QUIET TIME

JOURNALING

RELAXATION ROOM

SNOOZE

EMOTIONAL SUPPORT

PHYSICAL ACTIVITY

HUMOR

FLEXIBILITY