

# Stress Less

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

learn something new  
cook something new  
make something  
take a break  
play cards  
color

watch a funny movie  
play with a pet  
write a letter  
be in nature  
exercise  
games

call an old friend  
deep breathing  
go for a walk  
take photos  
meditate  
pray

look at old photos  
go for a drive  
call a friend  
take a bath  
sports  
draw