

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

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

# Stress Management

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

- |                   |              |            |           |          |
|-------------------|--------------|------------|-----------|----------|
| physical activity | aromatherapy | resilience | influence | knitting |
| meditate          | stressor     | internal   | external  | feelings |
| thoughts          | negative     | positive   | outside   | breathe  |
| prepare           | chronic      | coping     | stress    | normal   |
| relax             | hobby        | break      | sleep     | music    |
| brief             | talk         | yoga       | art       |          |