

Stress Management

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

coping skills
journaling
exercise
leisure
laugh
pets

stress ball
self-care
reading
family
relax
Art

meditation
outdoors
friends
music
yoga