

Stress Management

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

communicate
coloring
anxious
walking
anger
read

depression
emotions
breathe
health
avoid

meditation
laughter
control
manage
smile

relaxation
stuffing
tension
stress
cope