

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

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

# Stress Management

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

Responsibilities  
Prioritize  
Schedule  
Family  
Reduce  
Hope

Deep Breathing  
Self-Care  
Positive  
Sports  
Peers

Coping Skills  
Exercise  
Drawing  
Manage  
Music

Activities  
Creative  
Healthy  
Stress  
Relax