

Name: _____

Date: _____

Stress Management Word Search

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

communication
positivity
distress
smiling
batman

relaxation
meditation
eustress
choices
music

resistance
priorities
exercise
stress

perception
Happiness
Attitude
coping