

Name: _____

Date: _____

Stress Management

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

brain food

attention

homework

college

family

grades

school

stress

sleep

relax

work