

Name: _____

Stress Management

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

Talk to Someone
Bike Ride
Have Fun
Leisure
Music
Eat

Stay Positive
Screaming
Meditate
Family
Sleep

Video Games
Coloring
Breathe
Shower
Draw

Television
Exercise
Friends
Sports
Pets