

Name: _____

Date: _____

Stress Relief

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

problemsolving
strength
friends
breathe
social
fun

reasonable
exercise
believe
changes
Stress

quiettime
positive
forgive
eatwell
color

feelings
journal
talking
family
sleep