

Name: _____

Date: _____

Stress Relievers

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

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|--------------|-----------|----------|----------|----------|
| volunteering | playgames | exercise | shopping | painting |
| running | leisure | hobbies | timeout | drawing |
| reading | writing | journal | cooking | walking |
| friends | sewing | shower | family | movies |
| craft | dance | bath | art | gym |