

Name: _____

Date: _____

Stress Relievers

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

Listening to Music
Arts and Crafts
Eat Healthy
Exercising
Reading

Playing with a Pet
Deep Breathing
Time Alone
Walking
Color

Avoid Negativity
Rest and Sleep
Meditation
Drawing
Yoga