

Name: _____

Date: _____

Stress and Anxiety

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

count to ten
exercise
relax
read

deep breath
music
talk

close eyes
smile
walk