

Name: _____

Date: _____

Stress and Heart Health

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

RELATIONSHIPS
STRESSORS
ATTITUDE
BREATH
SLEEP

ENVIRONMENT
DELEGATE
EXERCISE
ADAPT
YOGA

RELAXATION
FEELINGS
CONNECT
LAUGH
DIET