

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Stress free

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

happy go lucky  
comforting  
tranquil  
restful  
dance  
bake

deep breaths  
unruffled  
at peace  
relaxed  
jolly  
quit

read a book  
laid back  
carefree  
serene  
happy  
calm

unconcerned  
exercise  
calmness  
color  
peace  
run

worry free  
soothing  
stretch  
clean  
relax  
hug