

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

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

# Stress tips

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

Do what makes you happy

Creative visualization

Physically activity

Focus on positives

Parental support

Talk about it

Healthy diet

Mindfulness

Co sharing

Sleep