

Name: _____

Date: _____

Things to do to manage stress

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

Amusement park

Meditation

Gardening

Shopping

EXERCISE

Drawing

Talking

Fishing

Cooking

Running

WALKING

CHURCH

Hobby

Games

Music

BIBLE

Write

T.V.

Read

Nap