

Ways to Manage Stress

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

Relaxation Technique

Deep Breathing

Time Mangement

Balanced Diet

Painting

Exercise

Writing

Reading

Talking

Music

Sleep

Yoga