

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

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

# manage stress

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

professional help  
strategies  
parenting  
outburst  
breathe  
stress

psychiatrists  
relaxation  
children  
finances  
habits  
angry

psychologists  
emotional  
appetite  
physical  
mental  
sleep

counselors  
lifestyle  
evaluate  
support  
manage  
time