|  |  |
| --- | --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Coping With Stress

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

   AVOID ALCOHOL       BE POSITIVE       EAT HEALTHY        HAVE FRIENDS        HOLISM       LIFESTYLE       LOVE YOURSELF       MAKE EXERCISE        MEDITATION       MENTAL HEALTH       MOTIVATION       SLEEP WELL