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

Coping With Stress

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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