Stress Management

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

   anger       anxious       avoid       breathe       coloring       communicate       control       cope       depression       emotions       health       laughter       manage       meditation       read       relaxation       smile       stress       stuffing       tension       walking