

Name: _____

How to Handle Stress



Unplug Electronics
Keep Perspective
Reward Yourself
Listen to Music
Think Positive
Healthy Snacks
Support System
Adequate Sleep
Breathe Deeply

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

Take Time Off
Favorite Show
Motivation
Prioritize
Be Happy
Exercise
Meditate
Organize
Friends
Sports
Relax
Dance
Laugh
Hobby
Sing
Play