

Name: _____

Date: _____

Stress Management

depression

relaxation

stuffing

exercise

control

emotion

walking

manage

stress

avoid

anger

read

Cope



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