

How to handle stress

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

Keep Perspective	breathe deeply	Unplug electronics	sports
hobby	adequate sleep	support system	motivation
organize	Reward Yourself	prioritize	Healthy snacks
meditate	exercise	dance	sing
favorite show	friends	relax	take time off
listen to music	Play	Be happy	Think Positive
laugh			