

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# stress management

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

dance floor	candy	burn	fire
flame	candles	incense	tai chi
vacation	beach	margaritas	french fries
donuts	stress eating	comedy	silly
carefree	hofstra	laughter	gym
should i be	confidence	comfort	food
forever	friendship	music	meditate
yoga	puppies	coloring	love
peace	zen	management	good vibes
nervous	happy	stress	