

## **Answer Key to Stress Busters- Secret Phrase Puzzle**

Ask for help

Breathe

Connect

Dance

Debrief

Eat well

Exercise

Garden

Gives support

Gratitude

Hike

Laugh

Listen to music

Massage

Meditation

Mindfulness

Music

Nature

Qi gong

Reach out

Read

Ride a bike

Seek support

Sing

Sleep

Tai chi

Take a break

Treat yourself

Visualize

Walk

Yoga

**Don't Wait Start Now**