

Stress Busters

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

Askforhelp

Breathe

Connect

Dance

Debrief

Eatwell

Exercise

Garden

Givesupport

Gratitude

Hike

Laugh

Listentomusic

Massage

Meditation

Mindfulness

Music

Nature

Qigong

Reachout

Read

Rideabike

Seeksupport

Sing

Sleep

Taichi

Takeabreak

Treatyourself

Visualize

Walk

Yoga