

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

# Positive Things To Do When Stressed

1. ILTSNE TO USCFI \_\_\_\_\_
2. LWAK NI APKR \_\_\_\_\_
3. LORCO \_\_\_\_\_
4. ARDW \_\_\_\_\_
5. INGS \_\_\_\_\_
6. INTEAG TAVRFOIE FOOD \_\_\_\_\_
7. TALK TO OOMSEEN \_\_\_\_\_
8. CDNEA \_\_\_\_\_
9. RDAE \_\_\_\_\_
10. TAHWC OIEMSV \_\_\_\_\_
11. WRTEI \_\_\_\_\_
12. GJO \_\_\_\_\_
13. OG MIIMGNWS \_\_\_\_\_
14. NAGH TOU WTIH NEFISDR \_\_\_\_\_
15. OG OIPHNSGP \_\_\_\_\_
16. EWS \_\_\_\_\_
17. BGINE MTIANITE \_\_\_\_\_
18. EIMDTEA \_\_\_\_\_
19. OG TO SAP \_\_\_\_\_
20. IKEB IGIRND \_\_\_\_\_