

Name: _____

Date: _____

Relaxation Techniques

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

essentialoils	mindfulness	endorphins	decompress	exercising
creativity	meditation	gratitude	emotional	happiness
colouring	cortisol	serenity	distress	eustress
swimming	calmness	breathe	walking	reading
music	yoga			