

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

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

# Stress management

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

parasympathetic  
letoffsteam  
pampering  
nervous  
relax  
diet

psychological  
symathetic  
exercise  
unwind  
sleep

fightorflight  
Management  
hobbies  
Stress  
worry