Coping Skills for De-stressing

Take a few minutes to get comfortable, relax and unplug from your daily tasks to enjoy completing this word search. All the words are related to coping with stress.

It's simple fun!

H G R Z E S I C R E X E T A T I D E M Q V S V X U K T L U D A N A O T K L A T C X H P K Y V J N G I V E A H U G V S N A E L Z Z U P A O D L G H Z U O V W A T C H T V X E G Q E H M D E L R M J I H T A B A E K A T U V S D S Y P Y I M L A K G U L C L L Z H A H S P F G T D A C K H A A Y G F W H L I S T E N T O M U S I C A H I P G B W N D W K S Q A S S P D F H R A B V R W J L A S E I W L A M I N A D E F F U T S A G U H J C G S G H A R U Y A Y P A R E H T A M O R A G O A N E X T E C G A R D E N V N E W C P Y G T P C X I R Y A E L Z P G O A D T N F R P W Y Y I D I C Y T I E R E B W A T C H A M O V I E O N A J Y F A S L R F A K J C N V M Q N Q P G V G L H W D F L R D B S N Q E V I T I S O P E B S J S L G A T P G T P S S U Q F I U R P K V C K B E B V I Y K F O O E E O Z T Q H U J E I Z I C A H H C L P O L Q O E R M S Z K F A A Z U L U O L P R O Q S A Y A W D T E V U P E T E E L A A P J O U R N A L H A W P S T Z G B O Z U S A N Y E B B G V K G Q W C R U H H G Q F E C W W P F S J A S P A J K K A Y N P A I R U J H L V U C O O K H I M L B L K R E M U F N H C Z L P D L M S G D U F E M T V G D P C O P G U Z K B X O P E T T I N G A N A N I M A L T V																									
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stress free
aromatherapy
watch a movie
garden
cook
exercise
stress ball

cope
journal
listen to music
pray
meditate
Petting an animal
walk away

coping skills
give a hug
do a puzzle
hug a stuffed animal
clean something
take a bath
playing a game

be positive
draw
eat
punch a pillow
talk to an adult
watch TV
deep breathing