

Coping With Stress

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

AVOID ALCOHOL

BE POSITIVE

EAT HEALTHY

HAVE FRIENDS

HOLISM

LIFESTYLE

LOVE
YOURSELF

MAKE EXERCISE

MEDITATION

MENTAL
HEALTH

MOTIVATION

SLEEP WELL