

Overcoming stress

WORDSEARCH

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

Find the following words in the puzzle. Words are hidden     and 

AWARENESS

CALM

COPING

DISTRACTION-FREE

PLAN

POSITIVE

POSITIVE THINKING

PRACTICE

PRIORITIZE

REALISTIC

RELAXED

SMILING

SOOTHING BREATHING

SPECIFYING STRESSORS

STRESS LIST

SUPPORT

THOUGHT CHALLENGING

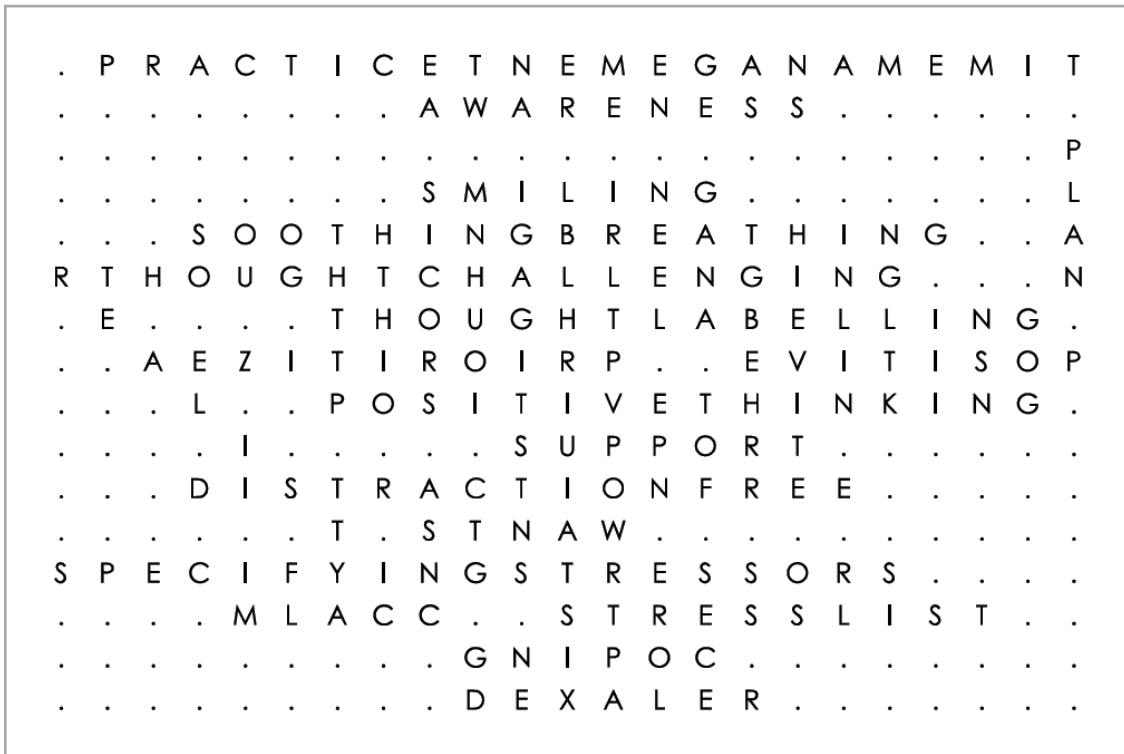
THOUGHT LABELLING

TIME MANAGEMENT

WANTS

Overcoming stress

WORDSEARCH SOLUTION



AWARENESS

CALM

COPING

DISTRACTION-FREE

PLAN

POSITIVE

POSITIVE THINKING

PRACTICE

PRIORITIZE

REALISTIC

RELAXED

SMILING

SOOTHING BREATHING

SPECIFYING STRESSORS

STRESS LIST

SUPPORT

THOUGHT CHALLENGING

THOUGHT LABELLING

TIME MANAGEMENT

WANTS