



De-Stress Word Search

- Words can go in any direction.
- Words can share letters as they cross over each other.

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

Break
 Breathe
 Colour
 Craft
 Declutter

Exercise
 Focus
 Food
 Games
 Guidance

Journal
 Meditate
 Motivation
 Music
 Organize

Sleep
 Socialize
 Stretch
 Water
 Yoga

