

# STRESS Less TIPS

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

## Got stress? Try a few of these!

TAKE A BATH    MOVE YOUR BODY    LAUGH MORE    GET ACTIVE    MEDITATE    TAKE A NAP    DANCE  
 GUIDED IMAGERY    ASSERT YOURSELF    EAT RIGHT    CALM DOWN    SELF CARE    DOODLE    POWER OFF  
 CONNECTIONS    GARDEN    REDUCE CAFFEINE    WALK THE DOG    STRETCH    BREATH    SHOOT HOOPS  
 BREAK A SWEAT    SUPPORT    CHEW GUM    BE ALONE    EAT CHOCOLATE    SIP GREEN TEA    ZEN ZONE  
 STRESS BALL    TAKE A DRIVE    WATCH A MOVIE    PLAY A HAPPY SONG    CLOSE YOUR EYES    READ  
 BE CREATIVE    LIGHTEN UP    TRY YOGA    RESILIENCE    TURN OFF PHONE    STAYCATION    BLOG    JUMP ROPE

## Less stress-More bliss



RESPONDER ASSISTANCE INITIATIVE