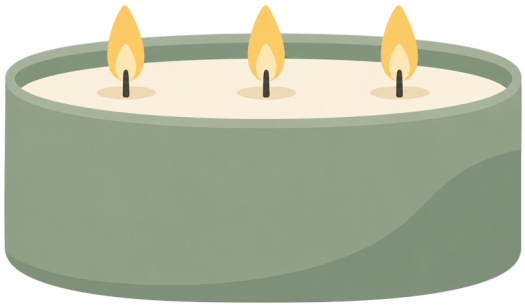
Name: _____ Date: _____

Stress Relief Word Search

Find all of the words hidden in the grid.
They may go in any direction.

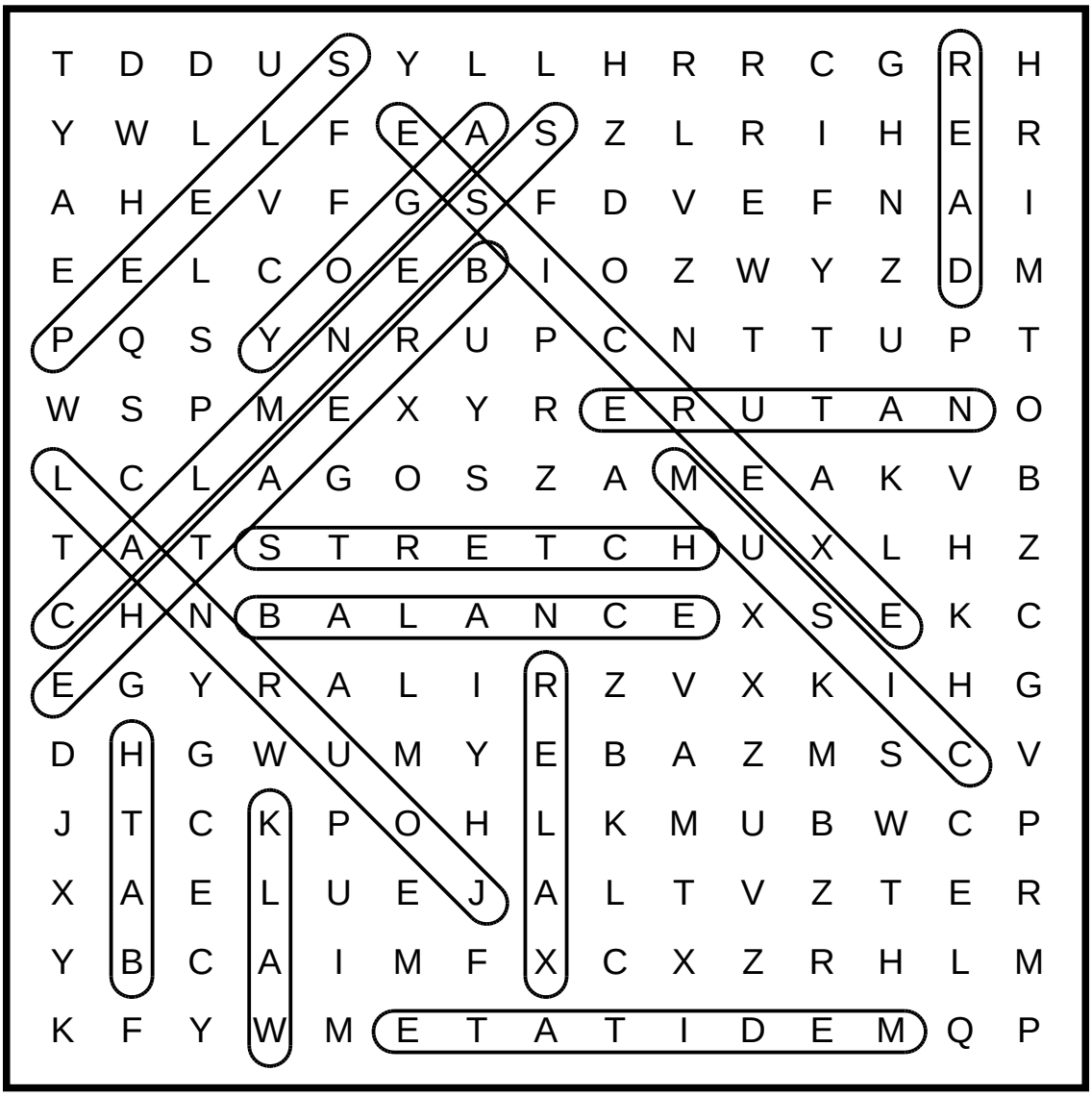


T D D U S Y L L H R R C G R H
Y W L L F E A S Z L R I H E R
A H E V F G S F D V E F N A I
E E L C O E B I O Z W Y Z D M
P Q S Y N R U P C N T T U P T
W S P M E X Y R E R U T A N O
L C L A G O S Z A M E A K V B
T A T S T R E T C H U X L H Z
C H N B A L A N C E X S E K C
E G Y R A L I R Z V X K I H G
D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

BALANCE
BATH
BREATHE
CALMNESS
EXERCISE
JOURNAL
MEDITATE
MUSIC
NATURE
READ
RELAX
SLEEP
STRETCH
WALK
YOGA

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Answer Key for
Stress Relief Word Search



BALANCE
BATH
BREATHE
CALMNESS
EXERCISE
JOURNAL
MEDITATE
MUSIC
NATURE
READ
RELAX
SLEEP
STRETCH
WALK
YOGA

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