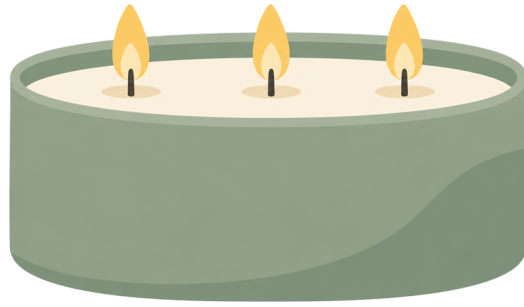


Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Stress Relief Word Search

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



Balance

Bath

Breathe

Calmness

Exercise

Journal

Meditate

Music

Nature

Read

Relax

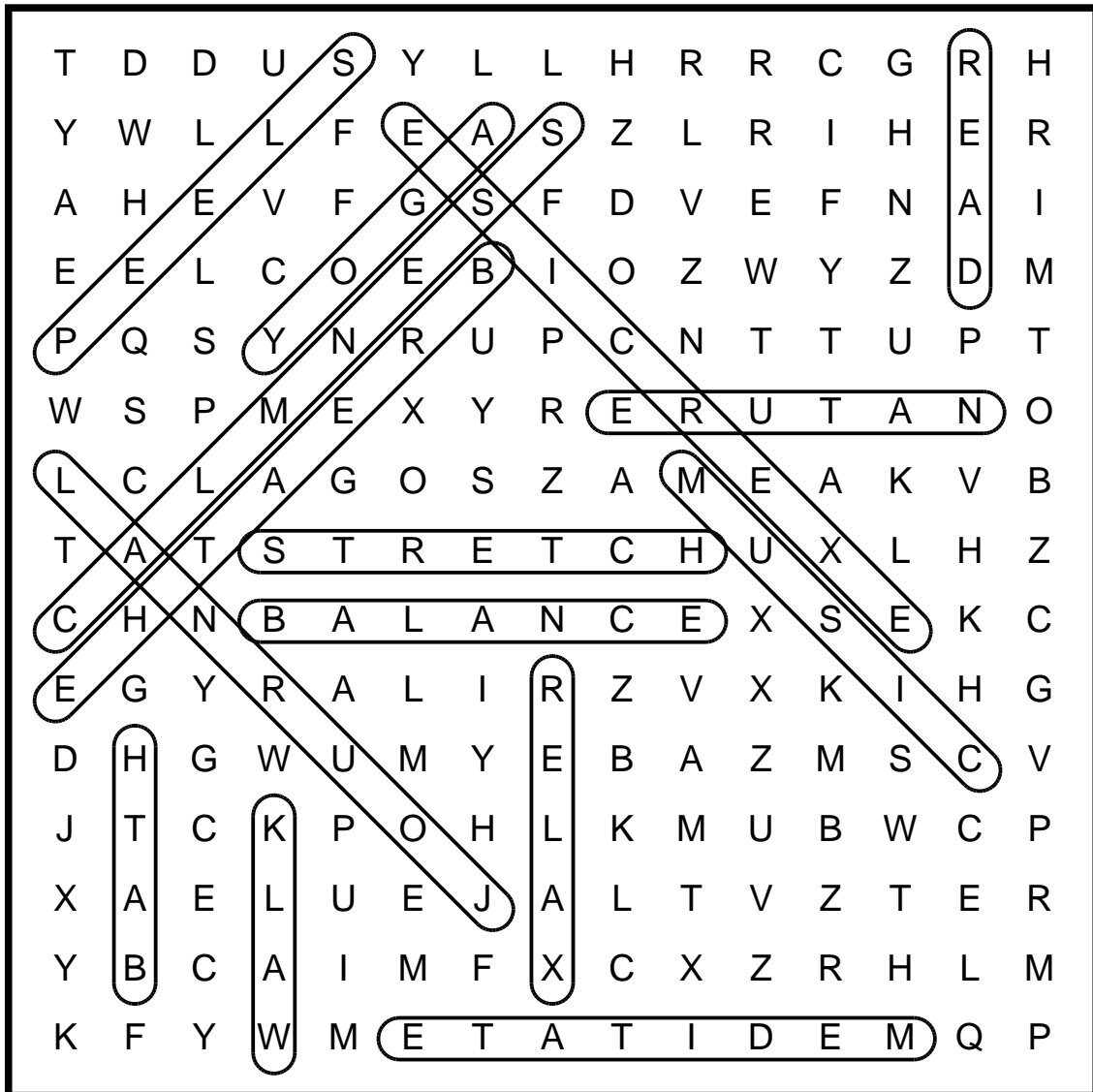
Sleep

Stretch

Walk

Yoga

## Answer Key for Stress Relief Word Search



Balance  
Bath  
Breathe  
Calmness  
Exercise

Journal  
Meditate  
Music  
Nature  
Read

Relax  
Sleep  
Stretch  
Walk  
Yoga