

DE-STRESS WORD SEARCH

School and work can be stressful, so use this word search to take a break. Let the words give you de-stress inspiration!

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

Word Bank

BREATHE
CLEAN
COOK
EXERCISE
MEDITATION

MUSIC
POSITIVITY
SPA DAY
TEA
WATER