






## Hack 3 - Overcoming Stress

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

Find the following words in the puzzle.  
Words are hidden     and .

AWARENESS  
CALM  
COPING  
DISTRACTION-FREE  
PLAN  
POSITIVE  
POSITIVE THINKING

PRACTICE  
PRIORITIZE  
REALISTIC  
RELAXED  
SMILING  
SOOTHING BREATHING  
SPECIFYING STRESSORS

STRESS LIST  
SUPPORT  
THOUGHT CHALLENGING  
THOUGHT LABELLING  
TIME MANAGEMENT  
WANTS

SOLUTION

**Hack 3 - Overcoming Stress**

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

Word directions and start points are formatted: (Direction, X, Y)

AWARENESS (E,6,9)  
CALM (S,20,6)  
COPING (S,21,9)  
DISTRACTION-FREE (E,8,4)  
PLAN (E,4,8)  
POSITIVE (N,22,12)  
POSITIVE THINKING (E,4,7)

PRACTICE (W,14,10)  
PRIORITIZE (W,15,14)  
REALISTIC (W,20,16)  
RELAXED (E,11,3)  
SMILING (W,9,3)  
SOOTHING BREATHING (E,5,5)  
SPECIFYING STRESSORS (E,1,1)

STRESS LIST (N,1,12)  
SUPPORT (W,15,6)  
THOUGHT CHALLENGING (E,2,2)  
THOUGHT LABELLING (W,22,15)  
TIME MANAGEMENT (N,2,16)  
WANTS (S,15,8)