

TOBACCO-FREE BRAIN GAMES

WORD SEARCH: MANAGING STRESS

When quitting tobacco, cravings will come and go. Help fight them by keeping your hands and mind busy.

Directions: Find the words in the puzzle related to managing stress when quitting.

For more puzzles, games and tips, visit OKhelpline.com.



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

ACTIVITY

EXERCISE

MUSIC

SUPPORT

BREAK

FAMILY

RELAX

TALK

BREATHER

FRIENDS

SLEEP

WALK

COMMUNICATE

GAMES

STRETCH

YOGA