

TASI

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

ESSENTIAL OILS
DISTRACTION
GROUNDING
SYMPTOMS
SENSORY

SELF SOOTHING
COMPASSION
WELLBEING
THERAPY

MINDFULNESS
RELAXATION
UPLIFTING
CALMING