

Name: _____

Date: _____

Stress Awareness 2015

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

Magellan Complete Care
 Deep Breath
 Depression
 Fresh Air
 Insommia
 Workout
 Stress
 Yoga

High Blood Pressure
 Positivity
 Happiness
 Diarrhea
 Hot Tea
 Fatigue
 Peace
 Body

Listening to Music
 Stiff Neck
 Hot Baths
 Caffeine
 Reading
 Anxiety
 Hobby

Healthy Eating
 Meditation
 Socialize
 Laughter
 Migrane
 Health
 Relax