

Stress Relievers

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

SOCIALIZE	EXERCISE	MEDITATE	BREATHE
JOURNAL	EXPLORE	GARDEN	SLEEP
LAUGH	DANCE	DRAW	SING
WALK	SWIM	YOGA	HIKE
JOG	TEA		