

Alternative Pain Management

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

essential oils
acupuncture
meditation
exercise
music

aromatherapy
eucalyptus
lavendar
massage
yoga

spirituality
peppermint
laughter
nature

distraction
relaxation
coloring
animal