

Complementary Therapies

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

Deep Breathing
Chiropractic
Relaxation
Swimming
Reading
Humor

Guided Imagery
Positivity
Vacation
Dancing
Running
Music

Communication
Acupuncture
Coloring
Massage
Singing
Sleep

Aromatherapy
Meditation
Exercise
Pilates
Prayer
Yoga