

Emotional Health

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

emotional exercise prayer health
relax dance laugh sleep
faith happy hope cope