

Healthy Ways to Cope With Stress

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

Vegetables
Myplate
Fruits
Relax
Yoga

Meditation
Healthy
Zumba
Music
Walk

Exercise
Breathe
Smile
Laugh
Talk

Workout
Stress
Sleep
Dance
Read