

Name: _____

RELAX YOUR MIND

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

PACE YOURSELF
EXERCISE
EXHALE
FOCUS
TRAIN
READ

EMOTIONAL
MEDITATE
INHALE
MUSIC
WRITE

SPIRITUAL
SIT DOWN
LISTEN
QUIET
COOK

VISUALIZE
BREATHE
MENTAL
SMILE
DRAW