

Name: _____

Date: _____

Reduce Stress

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

cardiac rehabilitation
reduce stress
meditation
pathways
support

healthy habits
mindfulness
smart goal
breathe
mantra

blood pressure
relaxation
exercise
routine