

Relax

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

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| Crossword Puzzle | Smelling Flowers | Morning Sunrise | Petting Animals |
| Essential Oils | Short Walks | Stress Ball | Journaling |
| Meditation | Breathing | Warm Bath | Swimming |
| Dancing | Massage | Reading | Singing |
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