

STRESS

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

home improvement project
read a good book.
find your groove
relaxing bath
eat healthy
sleep

inspirational podcast
slow deep breaths
hug a loved one
take a break
meditation
yoga

exercise regularly
positive attitude
favorite sport
chill music
gardening
rest