

Stress Less

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

Friendship	Meditation	Positivity	Understand	Breathing
Chamomile	Fresh Air	Good Food	Vacation	Laughter
Lavender	Walking	Balance	Hobbies	Reading
Rewards	Doctor	Senses	Break	Games
Music	Sleep	Talk	Yoga	hug