

# Stress Relief and Healthy Living

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

eating healthy	mindfulness	activities	awareness	lifestyle
attitude	exercise	physical	swimming	wellness
balance	friends	hydrate	stretch	walking
biking	family	social	stress	goals
laugh	relax	love	play	rest
yoga	run			