

Name: _____

Date: _____

WARNING SIGNS YOU ARE OUT OF BALANCE

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

DISSATISFACTION

RESTLESSNESS

OVERWHELMED

POORHEALTH

DEPRESSION

MIGRAINE

ANXIETY

TENSION

SOCIAL

ACHES

SLEEP

DEBT