How to Handle Stress

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