|  |  |
| --- | --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Strengthening Readiness and Resilience

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

   Self-Care       Stay Active       Eat Healthy       Sleep       Manage Finances       Strengthen Network       Engage       Seek Help       Family Dinner       Build Cohesion       Cultivate Trust       Walk       Rejuvenate       Thrive       Grow       Foster Optimism       Connect       Express Gratitude       Volunteer       Breathe