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

stress management

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

   dance floor       candy       burn       fire       flame       candles       incense       tai chi       vacation       beach       margaritas       french fries       donuts       stress eating       comedy       silly       carefree       hofstra       laughter       gym       should i be       confidence       comfort       food       forever       friendship       music       meditate       yoga       puppies       coloring       love       peace       zen       management       good vibes       nervous       happy       stress