

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

YOGA
MUSIC
SPORTS
BODY
PATIENCE
VISUALIZATION
DRAWING

MINDFULNESS
RELAXATION
FRIENDS
MIND
RELIEVE
BREATHING
CALM

MEDITATE
EXERCISE
FAMILY
CLARITY
POSITIVITY
JOURNALING
AWARENESS