

Don't Stress Out

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

ACTIVE
BREATH
CALM
HAPPY
HIKE
HUGS

MUSIC
NATURE
PEACE
PETS
QUITE
RELAX

REST
SMELLS
SMILE
STILL
VISUALIZE
YOGA



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