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

stress   coping   activities   responsibility   physical   reliable   occupational   intellectual  
 spiritual   balance   give back   mental   swimming   hydrate   biking   yoga   eating healthy  
 no smoking   emotional   debt free   financial   savings   laugh   volunteer   walking   exercise  
 hygiene   therapy   church   wellness   pray   goals   prescriptions   social