



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