



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