

Did Your Find Them All?

- REDUCE STRESS
- DIET
- LAUGH
- GOOD SLEEP
- STAY ORGANIZED
- EXERCISE
- MINDFULNESS
- THINK POSITIVE
- TAKE BREAKS
- SOCIALIZE
- MENTAL STIMULATION
- SELFCARE

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