

# I'm Not Stressed Out!

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| M | Y | S | H | E | A | L | T | H | Y | N | M | R | A |
| A | H | C | U | U | A | A | I | N | P | A | E | D | M |
| G | P | E | H | T | A | E | R | B | N | U | H | M | U |
| D | N | S | M | S | H | L | A | X | C | S | A | H | S |
| C | Y | I | A | T | C | D | I | A | E | E | N | H | I |
| R | A | A | C | L | S | E | U | H | D | O | D | C | C |
| D | H | D | A | A | T | A | M | A | E | U | S | A | X |
| T | M | M | E | Y | R | I | T | U | R | S | A | M | E |
| Y | M | C | A | R | S | T | D | E | I | L | A | O | Y |
| Y | I | S | Y | S | E | H | R | E | T | M | S | T | H |
| A | T | S | L | E | E | P | A | A | I | T | D | S | D |
| S | X | A | L | E | R | T | E | T | E | C | E | H | R |
| A | E | Y | S | T | R | E | S | S | A | H | T | S | U |
| I | L | S | N | T | Y | A | I | R | E | S | R | N | L |

BREATHE  
RELAX  
CLAMMY  
STRESS  
ANXIETY  
HEALTHY  
STOMACH  
HANDS  
HEARTRACING  
TIRED  
NAUSEOUS  
SLEEP  
MUSIC

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