

Name: _____

BE NATURAL

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

PHYSICAL THERAPY
BE YOURSELF
LIFESTYLE
POSITIVE
EMBRACE
LAUGH
SWIM

MENTAL THERAPY
COMMUNICATE
EXERCISE
SUNLIGHT
LOG OFF
SMILE
WALK

LOVE YOURSELF
DISCONNECT
PATIENCE
BREATHE
TRAVEL
REST
AIR