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

ACTIVITIES
EATING
GIVE BACK
HYDRATE
LAUGH
PHYSICAL
SOCIAL
THERAPY
WELLNESS

BALANCE
EMOTIONAL
GOALS
HYGIENE
MENTAL
RELIABLE
YOGA
VOLUNTEER

COPING
EXERCISE
HEALTHY
INTELLECTUAL
OCCUPATIONAL
RESPONSIBILITY
SWIMMING
WALKING

SOHOMD
TELETHERAPY + TELEPSYCHIATRY