

Reclaim Your Brain

De-Stress Word Jumble

Unscramble these words!

E E T B R A H - BREATHE

C R E I E X E S - EXERCISE

O F L A D O S F W T O – LOW FAT FOODS

G W A L H R I N S O E – WHOLE GRAINS

X A R E T N O I L A - RELAXATION

N D X T A S A I N O I T - ANTIOXIDANTS

S B D O O S P E R E L R U – BLOOD PRESSURE

B T E L A H R E A – HERBAL TEA

Y N D O A I H R T - HYDRATION

R R E H A T A E T – HEART RATE