

CALM & STRESS RELIEF

Find the hidden words horizontally, vertically, diagonally, forward, or backward throughout the puzzle.

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

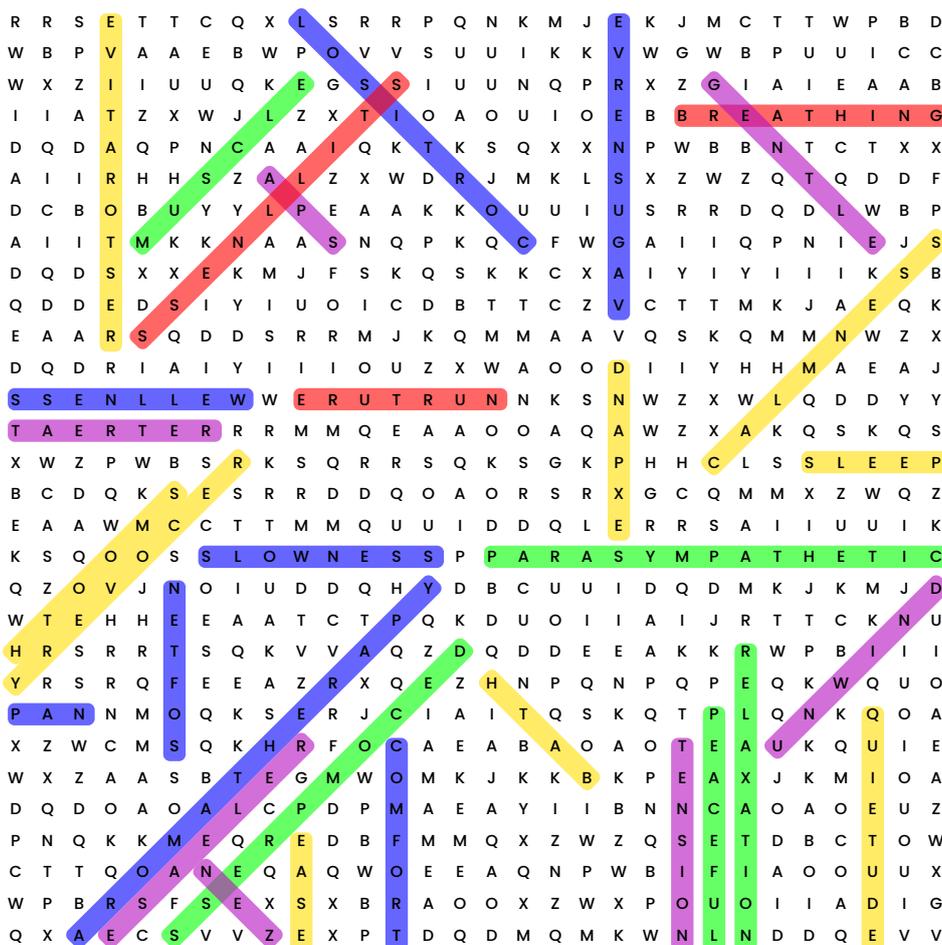
AROMATHERAPY
COMFORT
EXPAND
NURTURE
RECOVERY
RETREAT
SOFTEN
UNWIND

BATH
CORTISOL
GENTLE
PARASYMPATHETIC
RELAXATION
SLEEP
SPA
VAGUS-NERVE

BREATHING
DECOMPRESS
MUSCLE
PEACEFUL
RELEASE
SLOWNESS
STILLNESS
WELLNESS

CALMNESS
EASE
NAP
QUIETUDE
RESTORATIVE
SMOOTH
TENSION
ZEN

CALM & STRESS RELIEF



AROMATHERAPY (2, 29, NE)
 BREATHING (21, 3, E)
 COMFORT (12, 23, S)
 DECOMPRESS (14, 20, SW)
 EXPAND (19, 16, N)
 MUSCLE (4, 7, NE)
 NURTURE (15, 12, W)
 PEACEFUL (22, 22, S)
 RECOVERY (7, 14, SW)
 RELEASE (9, 23, SW)
 RETREAT (6, 13, W)
 SLOWNESS (6, 17, E)
 SOFTEN (5, 23, N)
 STILLNESS (12, 2, SW)
 UNWIND (24, 23, NE)
 WELLNESS (7, 12, W)

BATH (18, 24, NW)
 CALMNESS (22, 14, NE)
 CORTISOL (16, 7, NW)
 EASE (9, 26, S)
 GENTLE (22, 2, SE)
 NAP (2, 22, W)
 PARASYMPATHETIC (15, 17, E)
 QUIETUDE (27, 22, S)
 RELAXATION (23, 20, S)
 RESTORATIVE (3, 10, N)
 SLEEP (25, 14, E)
 SMOOTH (5, 15, SW)
 SPA (10, 7, NW)
 TENSION (21, 23, S)
 VAGUS-NERVE (19, 9, N)
 ZEN (8, 29, NW)

The coordinates of each word's direction and starting point are formatted as (x, y, direction).