Stress Busters-Secret Phrase

Unscramble each of the clue words.

Copy the letters in the numbered cells to other cells with the same number.

KAS ROF HPLE	11
HAETERB	8
NOCCETN	
DEANC	
DBEEFIR	12
TEA LEWL	
XESCIERE	
NAEGDR	
GEIV RPTPOUS	
TUETRIDAG	
HIEK	
HAUGL	
NLTISE TO MICSU	
MAEGASS	
TEMDIITNAO	
LSNUSNIMFED	14
CIUSM	
TANRUE	3
QI OGGN	15
CRAEH OTU	
DAER	
DIER A KIBE	
KEES RUSPOPT	2
NISG	
PELES	
TIA HIC	4
TEKA A RAKBE	
TATRE ESRYLUOF	18
ZAULEISIV	
LAWK	5
GOAY	6
1 2 3 4	5 6 7 8 9 10 11 12 13 14 15 16