

Name: _____

Date: _____

Emotional Health & Well Being

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

generosity	priorities	gratitude	wellbeing
selfcare	centered	simplity	organize
breathe	balance	mindful	choices
hobbies	social	sleep	