

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Emotional Wellness

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

SELFAPPRECIATION  
RELAXATION  
Kindness  
EMOTIONS  
HEALTHY  
FOCUS  
EYES

NEGOTIATION  
OPTIMISTIC  
THOUGHTS  
SUPPORT  
STRONG  
ENJOY

AFFILIATION  
MEDITATION  
FEELINGS  
SILENCE  
BREATH  
BRAIN

RESILIENCE  
EMOTIONAL  
EXERCISE  
POSTURE  
ACTIVE  
MIND