

Name: _____

Finding Happiness During Challenging Times

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

good night's sleep
eating well
relaxing
connect
reading
family
yoga

outside activities
acceptance
religion
dancing
singing
movie

playing games
meditation
thankful
friends
active
music

volunteering
exercise
hobbies
praying
comics
savor