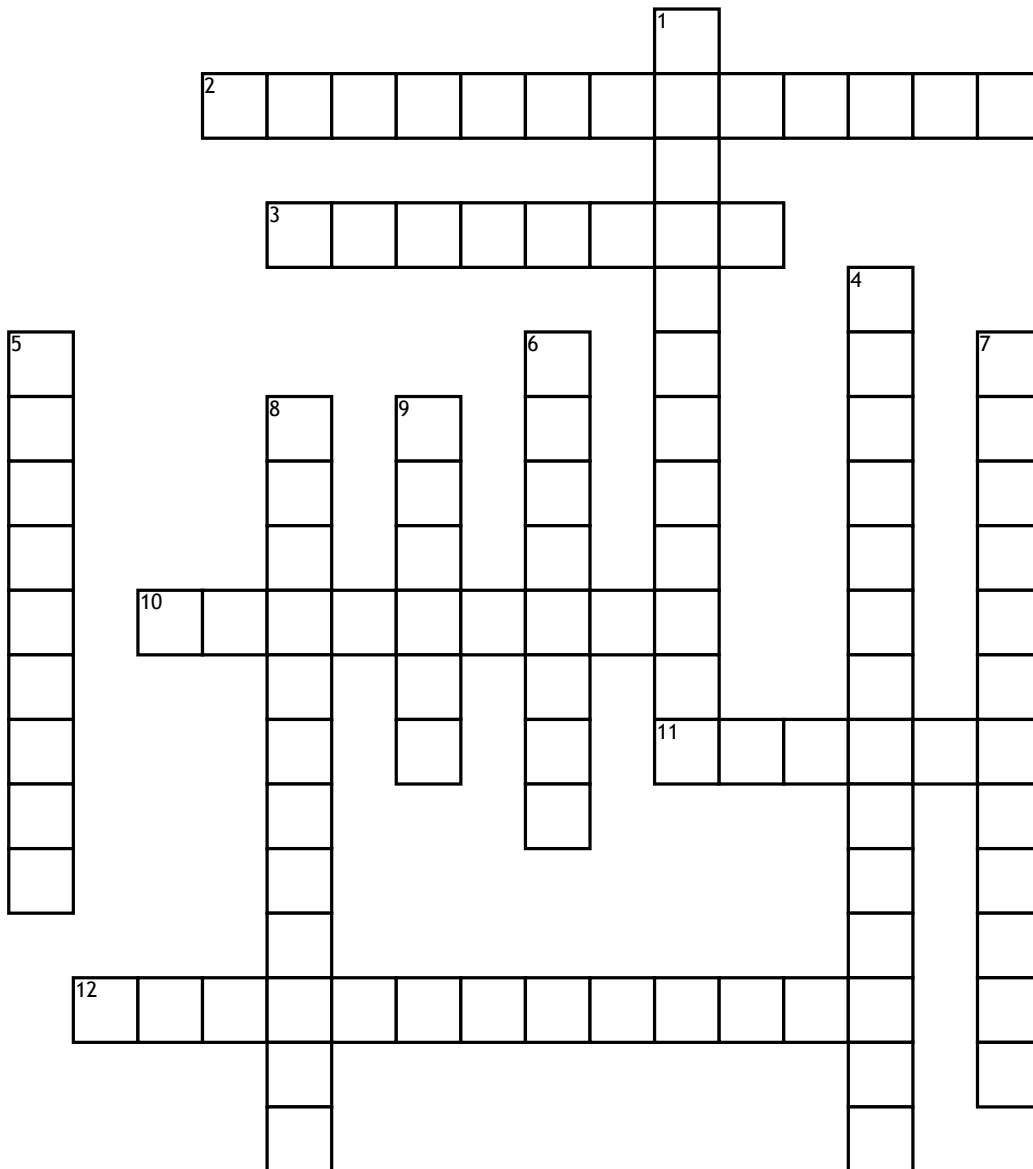


Gr.8 Personal Wellness



Across

- 2. satisfaction from living
- 3. expanding knowledge and continually challenging your mind
- 10. accepting and exploring who you are, reducing stress and maintaining a positive outlook on life
- 11. A combination of physical, mental/emotional, and social well-being

- 12. creating a safe supportive inclusive and sustainable community

Down

- 1. taking care of the way you get along with other people
- 4. taking care of your body
- 5. developing supports for mental and emotional wellness
- 6. the mindset to choose grow and thrive, actively and continuously choosing health

- 7. taking care of your mind and the way you express your feelings

- 8. an automatic response pattern or habit. It is usually the result of learning, repetition, and practice. Doing something without having to think about it
- 9. developing and maintaining healthy relationships with others