

Name: _____

Date: _____

Health Triangle

3 U I N C R E A S E H A P P I N E S S V D H V M
 O N W E A K N E S S G C F 3 P S K H E U T W X D
 R E E B W L T L W Y R S E T S H D S N P B W B S
 F M L H E E H A T R T D 3 E E B I H R A F U W 3
 C 3 K T L K L K D N U V N A G C E A I O I O B L
 S O U E L V V I E T W E L S R A C F Y L V B P M
 T W 3 E N H E V I D R T F E L T S P D E E R A E
 R H A T E T E T 3 A H R X T I H F R R H A X G A
 E L A R S M T L W Y I E H C T N E A A C S S M S
 N T A U S A N A B E 3 Y E N V S L V T T P X D U
 G R H O L B D G N F F S C O I L I I P E U Y E R
 T O N Y G P C D A P E S L L W O C E N C K G C E
 H P G G B P S M Y L E U I E R E M V V C C O N O
 S P N N I B I O F D N E L B M O I L I S E L A F
 Y U I I D L R C I T N L A I T R O P L L H O L B
 G S R H Y 3 A S E C B L N I O E V E D A C I A O
 O L E S M R 3 E E E A D O N P A E I M I R B B D
 L A W U E Y R K I N F N M R I P W F B C O H N Y
 O I O R M I 3 N C U S E F D R O X T R O T D U E
 N C H B N I G E L N N F G E N E T I C S C M S F
 H O S G E R D N B T L D F T R O P P U S O K F U
 C S A N Y O E S U L A T N E M D D P L T D A T P
 E L A C I S Y H P E B S K I N C A R E I R R R U
 T R G V S T I A R T E L G N A I R T H T L A E H

Practice Mindfulness
 Overallwellbeing
 Volunteering
 Strengths
 Behavior
 Wellness
 Friends
 Family

Brushing Your Teeth
 Doctor Checkups
 Environment
 Awareness
 Attitude
 Emotions
 Healthy
 Mental

Increase Happiness
 Health Triangle
 Technology
 Unhealthy
 Genetics
 Physical
 Events
 Social

Practice Self-Care
 Social Support
 Unbalanced
 Skincare
 Balanced
 Biology
 3sides
 Sleep

Build Resilience
 Measureofbody
 Showering
 Weakness
 Exercise
 Support
 Traits
 Diet