

Name: _____

Date: _____

Healthy Living

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

Exchange House Ireland
mindfulness
Samaritans
meditate
exercise
balance
dance
Shine
Grow
GP

thought stopping
counselling
seek help
outdoors
breathe
sports
laugh
play
help

harm reduction
Pieta House
breakfast
vitality
Support
active
relax
sing
talk

healthy food
well being
cut back
moderate
friends
health
sleep
pray
fun