

Name: _____

Date: _____

Integrative Health 2

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

spiritual wellbeing
mindfulness
no smoking
laughter
no soda
healing
calm

physical activity
wild caught
grass fed
wellness
balance
social
love

eat real food
self esteem
olive oil
destress
breathe
coping
sing

coconut oil
vegetables
detoxify
holistic
hydrate
sleep