

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# MIND MATTERS

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

STRESS MANAGEMENT  
MINDFULNESS  
CONNECTION  
STRETCHING  
SPIRITUAL  
KINDNESS  
DANCING  
RUNNING  
NATURE  
SPACE

TOGETHERNESS  
PERSPECTIVE  
MEDITATION  
GRATITUDE  
WELLBEING  
PHYSICAL  
EMPATHY  
SUPPORT  
SOCIAL  
HELP

BIKE RIDING  
BOUNDARIES  
RELAXATION  
LIFESTYLE  
EMOTIONS  
POSITIVE  
HEALTHY  
WALKING  
STRONG  
REST

FORGIVENESS  
COMPASSION  
RESILIENCE  
SELF-CARE  
EXERCISE  
STRATEGY  
MASSAGE  
FAMILY  
SLEEP  
YOGA