

Name: _____

Date: _____

Multi-Dimensional Wellness

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

Environmental
Spiritual
Physical
Recycle

Intellectual
Emotional
Wellness
Social

Eat Healthy
Exercise
Empathy
Sleep