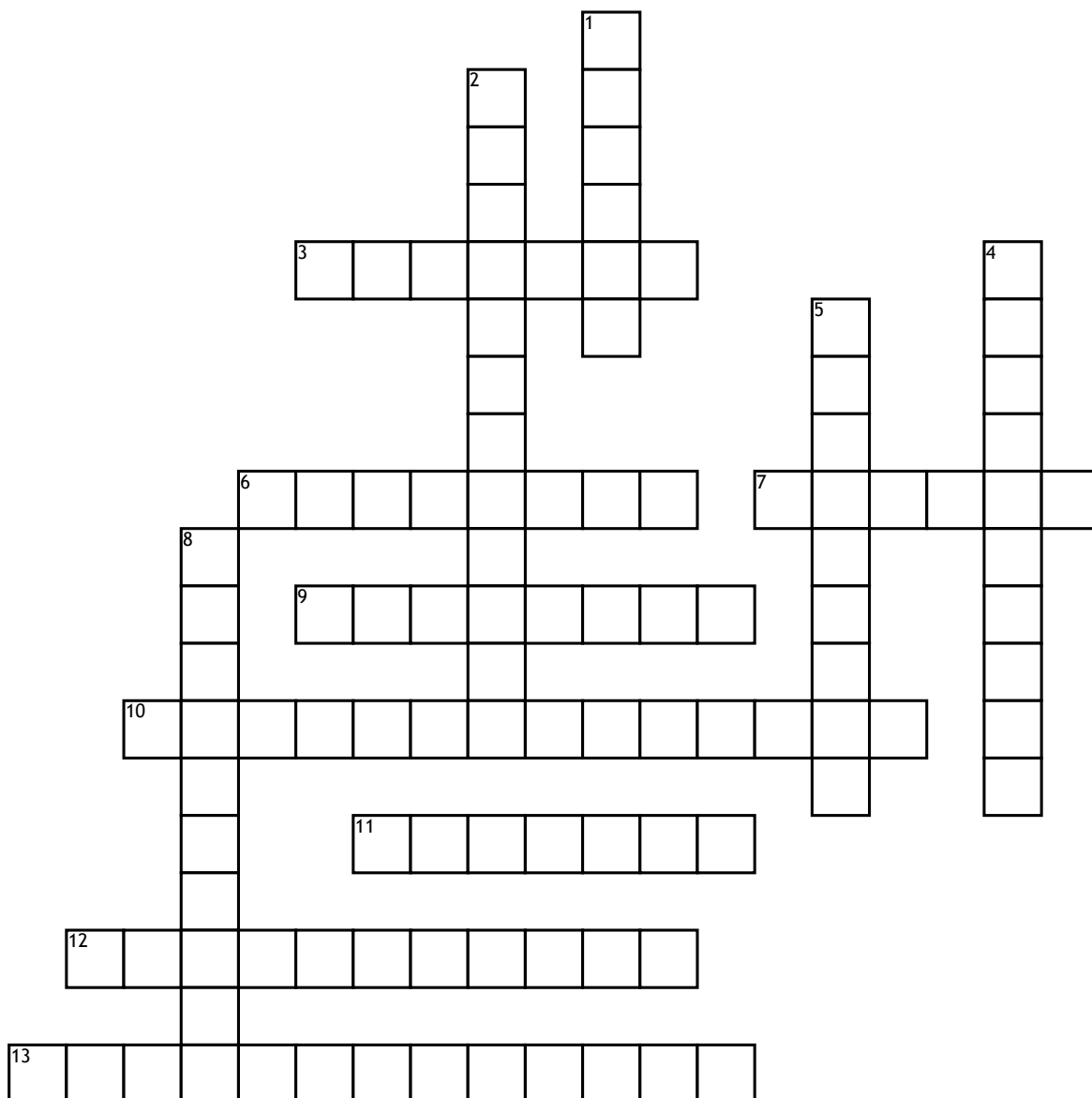


Name: _____

Date: _____

Recovery



Across

3. Cleanliness of self
6. Positive words to self
7. This health matters as much as physical health
9. The process of improving health & wellness

10. Its your duty to take care of
11. Lifting others up
12. To practice being in the moment
13. Standing up for oneself using tone & body language

Down

1. Skills used to relieve symptoms

2. Positive, present, I-statements
4. Recognizing others' pain & showing kindness
5. To reward oneself for making progress
8. Embracing others for their differences