

# Search for Wellness

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

identification  
exercise  
support  
Healthy

counselling  
selfcare  
talking  
action

longterm  
Wellness  
anxiety