

Springbrook Tips for Wellness

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

medication compliant
know triggers
drink water
go outside
gratitude
breathe
therapy
humor
art

healthy friendships
personal care
eat healthy
connection
culinary
Journal
writing
learn

positive attitude
ask for help
hot showers
meditation
exercise
pilates
prayer
music

healthy habits
spirituality
mindfulness
gardening
believe
respond
hobby
yoga