

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

# WELL-BEING CROSSWORD

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

RELATIONSHIPS  
BREATHING  
KINDNESS  
COMFORT  
SMILING  
JOY

MINDFULNESS  
HAPPINESS  
LAUGHING  
EMBRACE  
NATURE

MEDITATION  
AMBITION  
RELAXING  
HOLIDAY  
CALM

MOTIVATION  
EXERCISE  
SLEEPING  
RESPECT  
LOVE