

Wellbeing

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

Positive Thinking
Drink Water
Balance
Breath
Sleep
Hope
Walk

Give Gratitude
be helpful
Support
Caring
Relax
Rest
Sing

Enjoy Nature
Connection
Friends
Goals
Dance
Love
Hug

Mindfulness
Exercise
Family
Smile
Laugh
Play