

# Wellbeing

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

Mindfulness  
Wellbeing  
Physical  
Fitness  
Health

Confidence  
Balanced  
Inspire  
Active  
Happy

Friendship  
Strength  
Support  
Mental  
Rest