

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

Date: \_\_\_\_\_

# Wellbeing

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

Stress management  
Meditation  
Nutrition  
Lavender  
Friends  
safety  
Yoga

Sleep hygiene  
fresh air  
emotions  
walking  
Hobbies  
Family

Relaxation  
Self care  
Exercise  
Support  
Reading  
Health