

Well-being word search

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

Friendships
meditation
Emotions
Routine
Sleep

Mindfulness
Samaritans
exercise
Support
Music

positivity
Structure
Selfcare
Nature
zoom

resilience
Safehaven
Sharing
Crafts