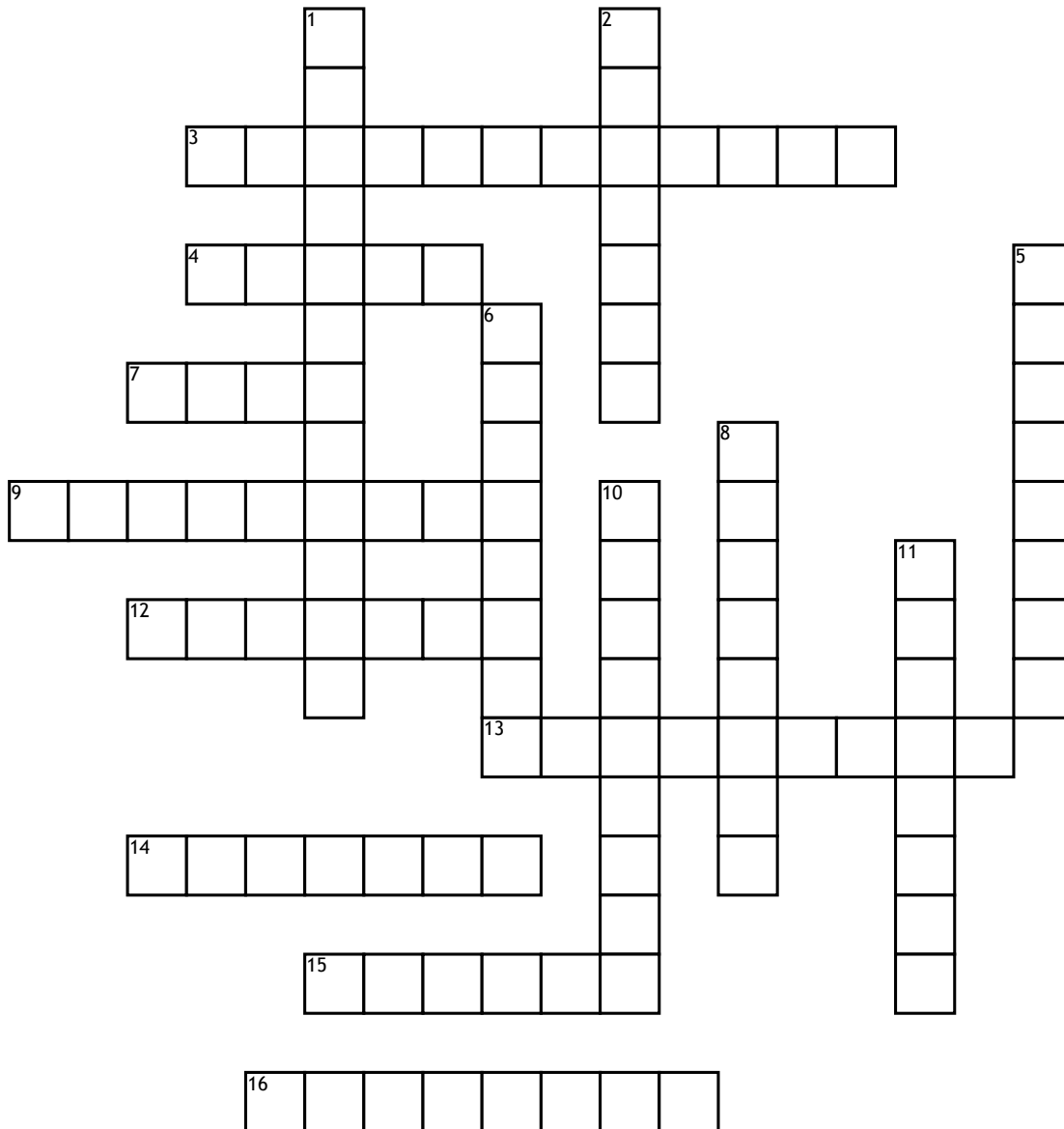


# Wellness Activity



## Across

3. Emotional reflects the degree to which one feels positive and \_\_\_\_\_ about one's self and life.

4. True or false. You should experience negative thoughts to help encourage yourself.

7. The number of different wellness domains we talked about.

9. Family values are learned in this domain.

12. It's important to have a \_\_\_\_\_ between all the different areas of wellness

13. \_\_\_\_\_ is where a person is in harmony with nature and all its creations.

14. You will be \_\_\_\_\_ and healthier if you have a balance between all your domains.

15. Volunteering would be an example of this type of wellness.

16. Getting plenty of sleep and drinking lots of water is found under this domain.

## Down

1. This domain refers to constantly wanting to learn new and interesting things.

2. To be \_\_\_\_\_ is to look after all your domains.

5. If you don't get enough sleep, this areas of wellness could be effective most.

6. \_\_\_\_\_ is a state of being which includes the physical, social, emotional, intellectual and spiritual dimensions of life, which, when working in harmony, lead to a sense of well-being and satisfaction.

8. It's important to get plenty of \_\_\_\_\_ each and every day.

10. Having positive feelings about yourself is found in this domain.

11. It's important to \_\_\_\_\_ with others in order to establish good relationships.