

Name: _____

Date: _____

Wellness Unit Word Search

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

six dimensions of wellness
communication
occupational
behaviors
physical
mental
drugs

Wellness Triangle
relationships
medications
spiritual
fitness
social
yoga

health continuum
risk factors
nutrition
emotional
stress
sleep