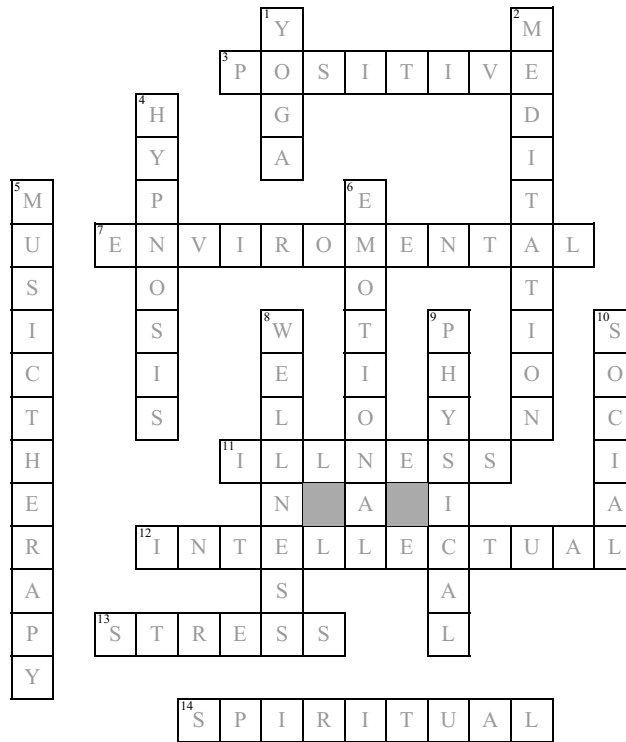


Wellness Crossword Puzzle



Across

- 3. Making and maintaining _____ changes to improve our health and wellness is almost always easier if we have encouragement and support from our friends, family or co-workers
- 7. This type of wellness is the ability to recognize our own responsibility for the quality of the air, the water and the land that surrounds us.
- 11. An unhealthy state or condition of the mind or body in which physical, social, emotional, intellectual, or spiritual functioning is compromised.
- 12. This type of wellness is the ability to open our minds to new ideas and experiences that can be applied to personal decisions, group interaction and community betterment.
- 13. The forces or stimuli that impinge upon an individual; also, an individual's response to these forces.
- 14. This type of wellness is the ability to establish peace and harmony in our lives.

Down

- 1. A system of belief and practices aimed at the union of the individual self with the universal self.
- 2. An altered state of consciousness in which the mind is focused in passive attention and quiet, resulting in an experience of transcendence.
- 4. A method of altering consciousness by focusing attention on one thought, thereby distracting consciousness from other thoughts.
- 5. Use of beat, rhythm, pitch, harmony, synchrony, chords, and lyrics to facilitate healing, alter consciousness, reduce stress, facilitate movement, aid sleep, improve concentration, and more.
- 6. This type of wellness is the ability to understand ourselves and cope with the challenges life can bring.
- 8. An interactive process of becoming aware of and practicing healthy choices to create a more successful and balanced lifestyle.
- 9. This type of wellness is the ability to maintain a healthy quality of life that allows us to get through our daily activities without undue fatigue or physical stress.
- 10. This type of wellness is the ability to relate to and connect with other people in our world.