

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.

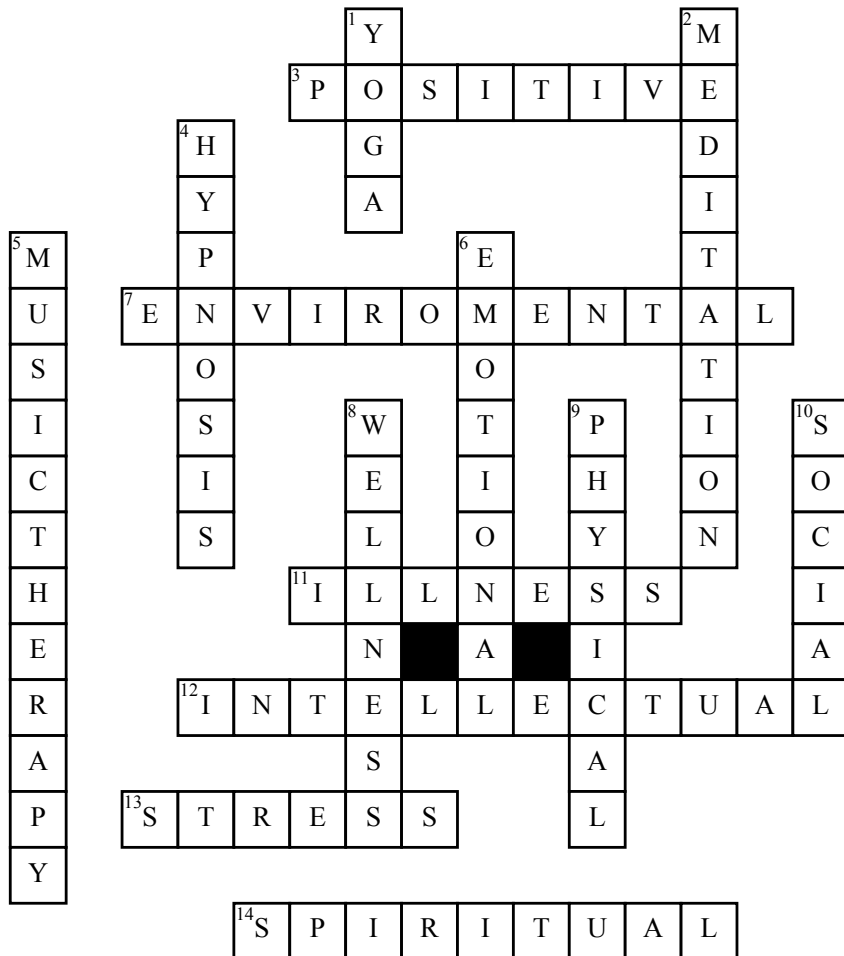
Down

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.

