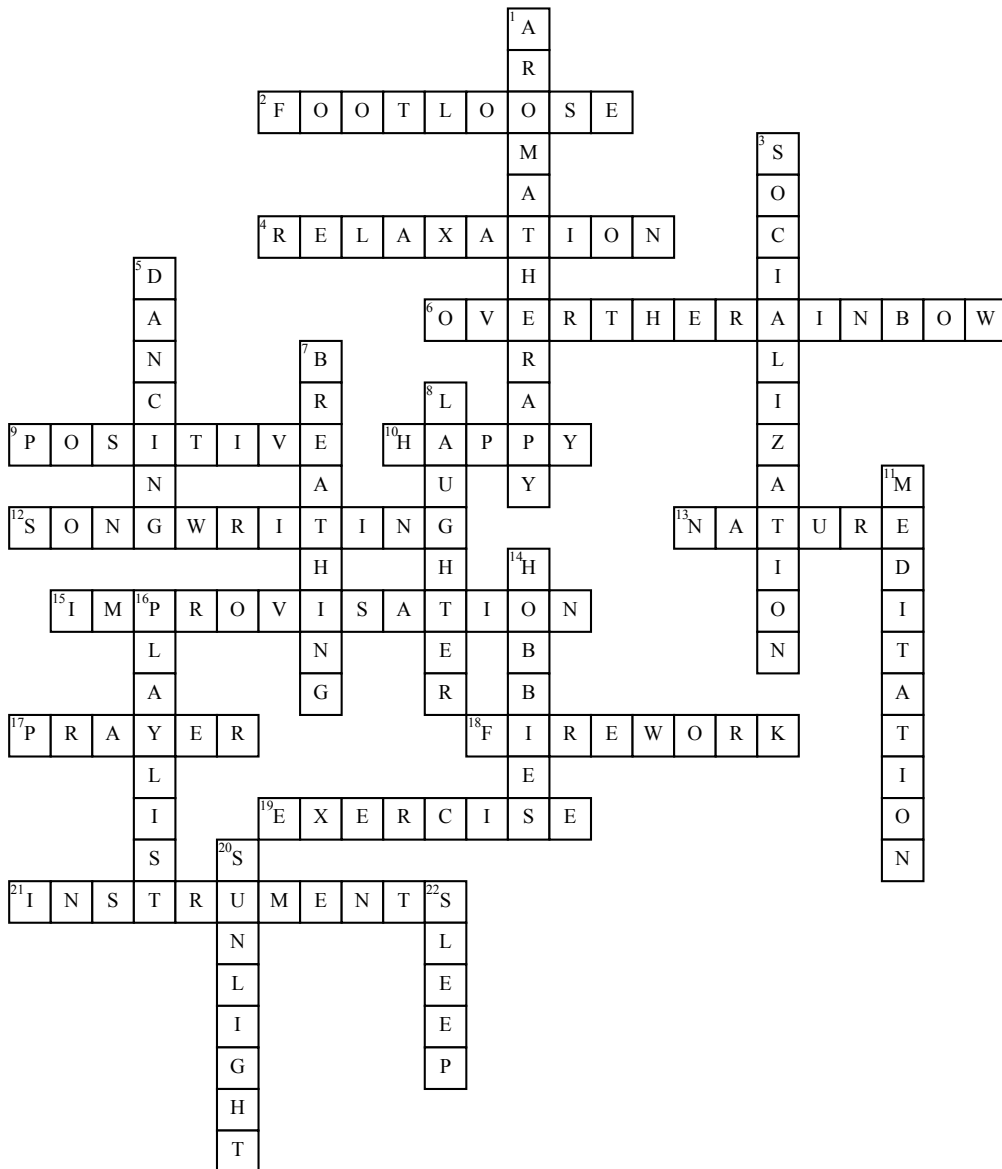


# Crossword for Well-being



## Across

2. This song makes you want to kick off your Sunday shoes
4. Giving your mind and body moments of this to help you unwind and be calm
6. A relaxing song that elicits images in nature such as colors after the rain
9. Keeping this mindset combats depression, anxiety, and mood swings
10. A song by Pharrell Williams that brings this feeling
12. Creating an original work of lyrics and music to help express yourself
13. Becoming one with this outside through listening, seeing, and feeling helps you feel connected to the world around you

15. Making up a rhythm, melody, or song on the spot can be fun and great for expression

17. Communicating a request for help or expression of thanks to God

18. A song by Katy Perry that inspires you to let your colors burst

19. Doing this helps improve your physical and mental health

21. Utilizing these to express yourself musically and release stress

## Down

1. Utilizing your sense of smell through essential oils and other fragrances can benefit mental health, pain, and sleep

3. Whether digital or in person, this decreases isolation and brings connection

5. Moving in a fun way to release stress

7. Something that helps decrease an accelerated heart rate quickly

8. Moments of pure joy/humor in which you let go

11. Taking a time out mentally and clearing your mind

14. Making time for these individual interests helps you enjoy your life

16. A list of songs you can put together to help you achieve a desired mood/state

20. You can get a necessary vitamin outdoors taking this in

22. What you can make a priority every night to improve overall quality of life