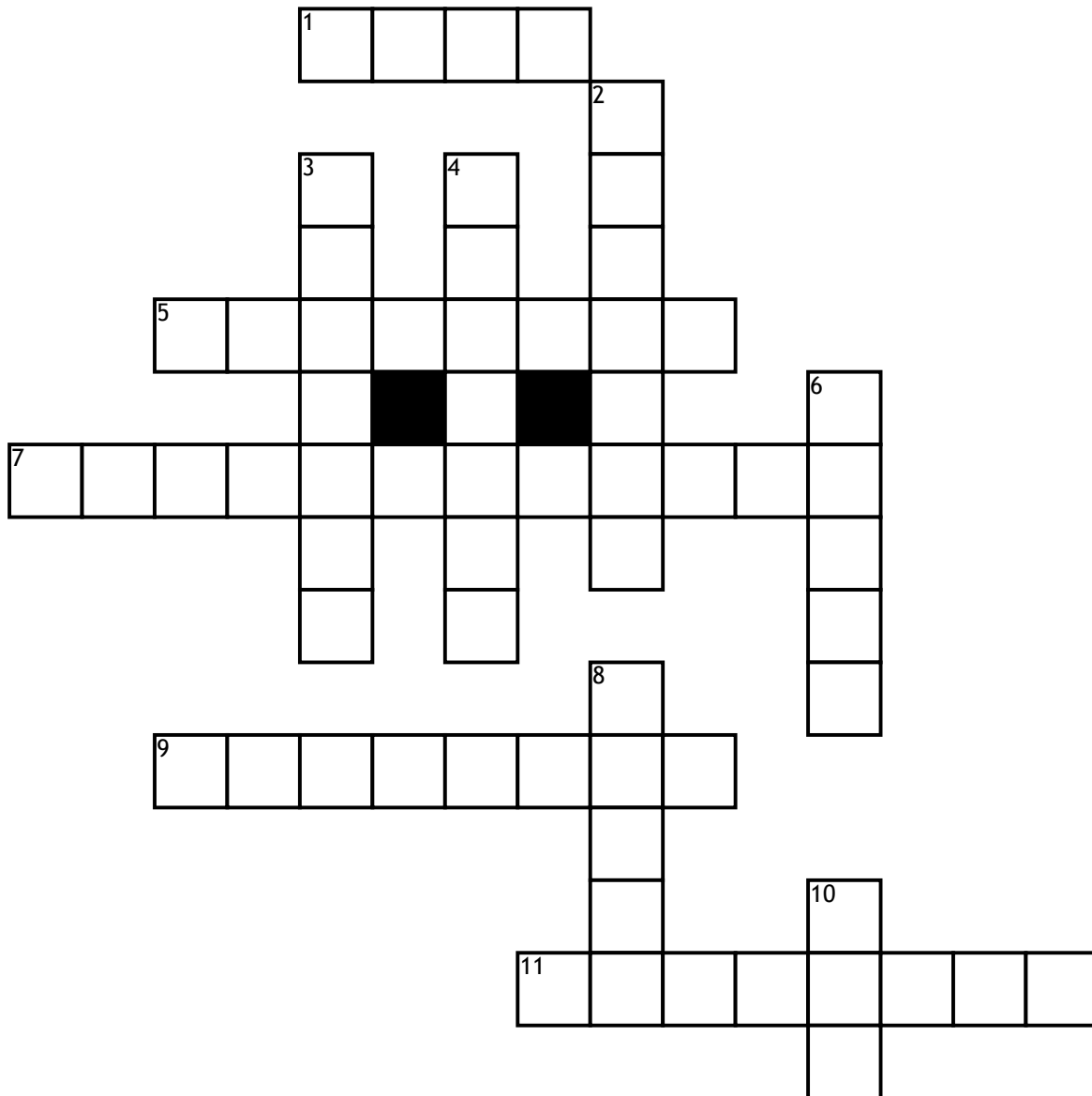


Name: _____ Date: _____

Wellness Crossword



Across

1. You should go check out the Wellness ____!
5. In which res are we?
7. The wellness pillar that focusses on academics, studying, etc.
9. The wellness pillar that deals with exercising, sleeping, etc.
11. Stay _____, kids!

Down

2. A feeling of overwhelming fear or stress

3. The app we use to watch series when we should study
4. Feeling very happy with who and where you are
6. Something you should do to rest when you're actually up till 2 am
8. Joy
10. How we feel because we cannot go back to Stellenbosch