

Health and Wellness

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

stress coping activities responsibility physical reliable occupational intellectual
spiritual balance give back mental swimming hydrate biking yoga eating healthy
no smoking emotional debt free financial savings laugh volunteer walking exercise
hygiene therapy church wellness pray goals prescriptions social