

Healthy_habits Word Search

Puzzle 9

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

**BOUNDARY
DISCIPLINE
MINDFULNESS
MOOD
OVERLOAD
PRESSURE
RHYTHM
THANKFUL**

**DEFENSE
HYDRATION
MOBILITY
OUTDOOR
PREPARE
RESPIRATION
ROUTINE
TRACK**

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Puzzle-Solution 9

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

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