

Wellbeing Word Search

Puzzle 4

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

**BEDTIME
COMPOSURE
EMOTION
NOURISH
PHYSICAL
RECOVERY
RESTFUL
STATE**

**CALMNESS
CREATIVITY
JOY
PEACEFUL
PREVENTION
REGULATION
SLUMBER
YOGA**

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Puzzle-Solution 4

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

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