

# Wellbeing Word Search

## Puzzle 229

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

**ATTENTION  
CALMNESS  
COURAGE  
GROUND  
OPTIMISM  
POSITIVITY  
RESILIENCE  
STRETCH**

**BREATH  
COMFORT  
EMPATHY  
LIFESTYLE  
OVERLOAD  
PROTECTION  
SLOWDOWN  
SUNLIGHT**

# Wellbeing Word Search

## Puzzle-Solution 229

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

**ATTENTION**  
**CALMNESS**  
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