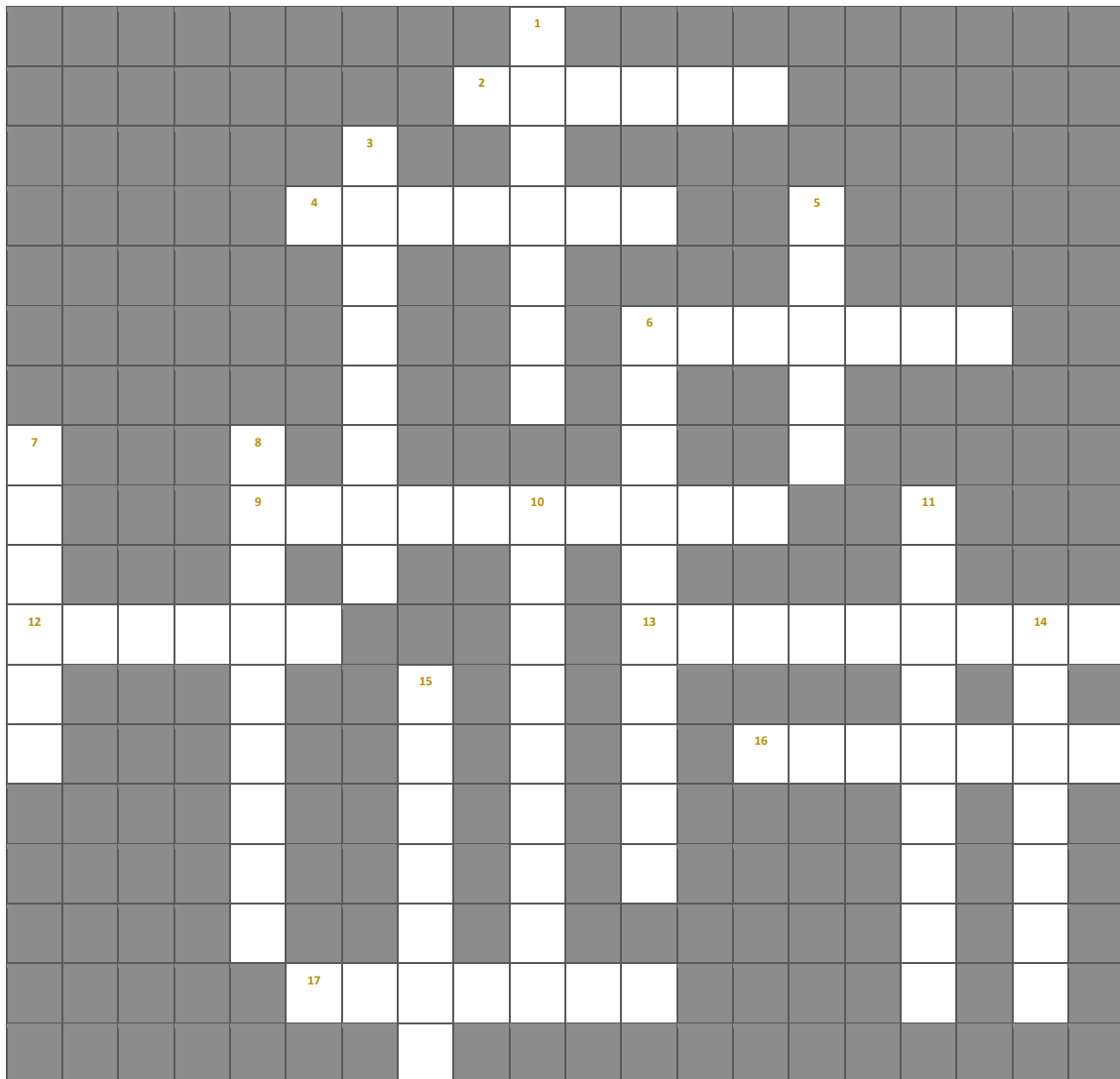




WELLNESS MONTH

Wellness Crossword Puzzle



Across

- 2. Routines practiced consistently over time
- 4. The gradual process of emotional recovery
- 6. Financial and emotional equilibrium
- 9. Bouncing back after a setback
- 12. Positive change and progress over time
- 13. A mindset of plenty rather than scarcity
- 16. A fresh start or restored sense of self
- 17. The ongoing path of self-improvement

Down

- 1. Money set aside for the future
- 3. Overall state of health in mind, body, and money
- 5. A calm, settled state of mind
- 6. Limits that protect your peace and priorities
- 7. A plan for how you spend and save
- 8. Appreciation for what you already have
- 10. A clear, purposeful goal you set for yourself
- 11. Noticing your patterns without judgment
- 14. Clear understanding of your goals or values
- 15. Fully present and attentive in the moment