

Mental Wellness Activities

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

DECLUTTERING
YOGA
JOURNALING
COMPASSION
LAUGHTER
MEDITATION
HEALTHY DIET
GRATEFULNESS
SLEEP
EXERCISE
KINDNESS
PUZZLES
READING
MUSIC

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