

Mental Health Relaxation

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

- FRESH AIR
- READING
- DOODLING
- COFFEE
- EXERCISE
- PAINTING
- BAKING
- YOGA
- MASSAGE
- NETFLIX
- AROMATHERAPY
- BUBBLE BATH
- DANCE
- BREATHING

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