

# Mental Wellness Activities

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| 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

Play this puzzle online at : <https://thewordsearch.com/puzzle/986149/>

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| U | O | E | H | E | S | M | E | S | O | H | N | L | D |
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| 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 |
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| 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 |
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