

Mind and Mood

Medium · 13 × 13 · 12 words · across, down and diagonal

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

☐ JOURNALING

☐ GRATITUDE

☐ MEDITATION

☐ MINDFUL

☐ BREATHING

☐ AFFIRMATION

☐ LAUGHTER

☐ NATURE

☐ MUSIC

☐ YOGA

☐ REFLECT

☐ PEACE

Mind and Mood: answer key

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