

Mind and Balance

Hard · 16 × 16 · 18 words · every direction, backwards too

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

- ☐ RESILIENCE
- ☐ BOUNDARIES
- ☐ MINDFULNESS
- ☐ CREATIVITY
- ☐ CONNECTION
- ☐ PURPOSE

- ☐ OPTIMISM
- ☐ SELF CARE
- ☐ SLEEP HYGIENE
- ☐ JOURNALING
- ☐ MEDITATION
- ☐ BREATHWORK

- ☐ SOCIAL SUPPORT
- ☐ DIGITAL DETOX
- ☐ NATURE WALK
- ☐ HOBBY TIME
- ☐ COUNSELING
- ☐ EMOTIONS

Mind and Balance: answer key

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|--------------------------------------|--|---|
| ☐ RESILIENCE | ☐ OPTIMISM | ☐ SOCIAL SUPPORT |
| ☐ BOUNDARIES | ☐ SELF CARE | ☐ DIGITAL DETOX |
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