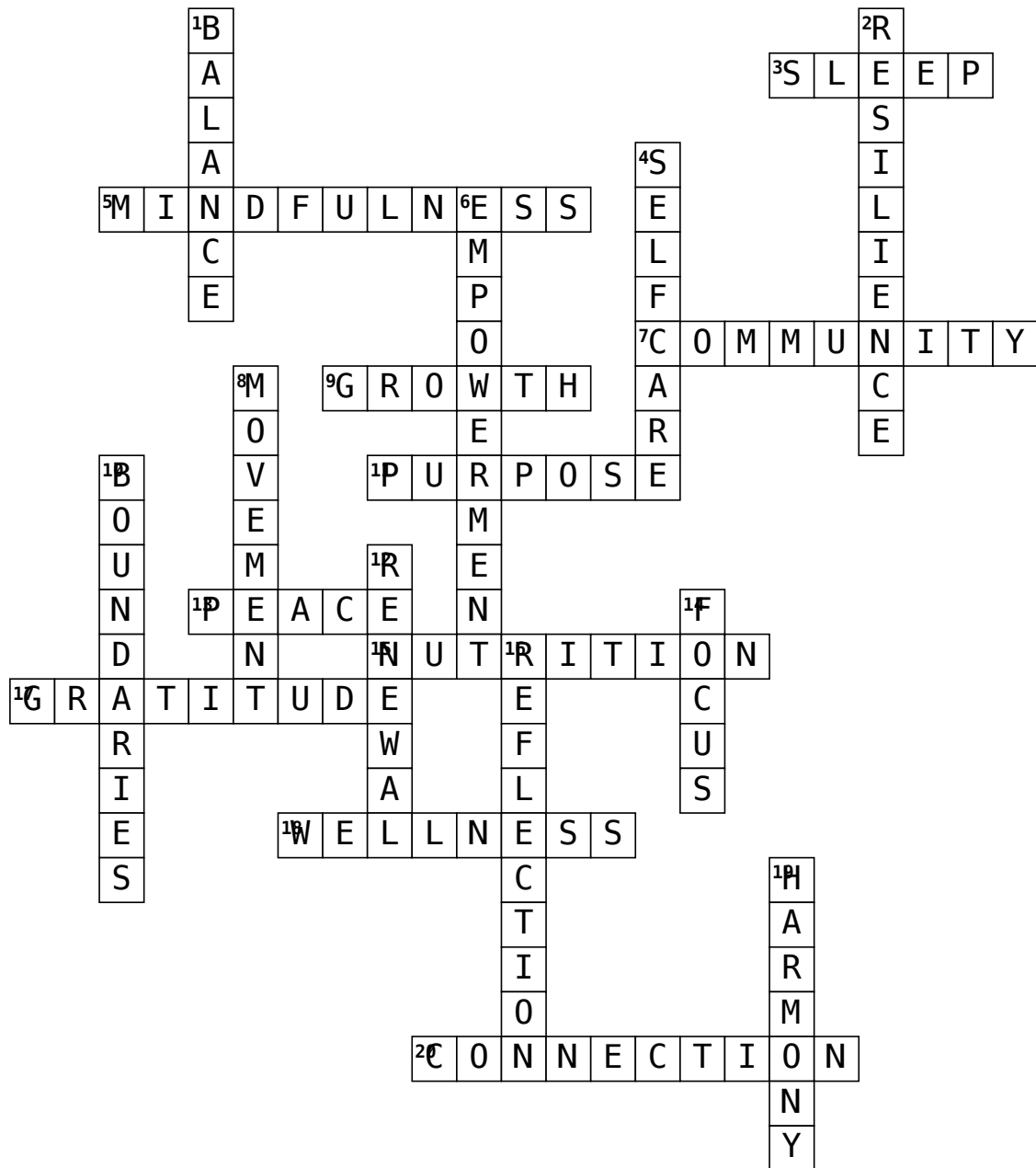


Wellness in Balance Crossword



Across

3. A nightly reset essential for mental and physical restoration.
5. Being fully present in the moment without judgment.
7. A circle of shared support that strengthens wellbeing.
9. The ongoing process of self-improvement and learning.
11. A guiding sense of meaning that gives direction to daily life.
13. A calm state of mind that reflects internal balance.
15. Fueling the body with nourishing, balanced meals.
17. A mindset that focuses on appreciation and abundance.
18. The active pursuit of good health in body, mind, and spirit.
20. The sense of belonging and support found in relationships.

Down

1. The key to maintaining harmony across all areas of life.
2. The strength to recover and adapt through life's challenges.
4. Intentional actions to nurture personal wellbeing.
6. Gaining confidence through self-awareness and action.
8. Any form of physical activity that promotes energy and health.
10. Healthy limits that protect energy and relationships.
12. The process of rest and refreshment that restores balance.
14. Concentrating attention on what truly matters.
16. Thoughtful time spent understanding oneself.
19. When physical, emotional, and social health align.