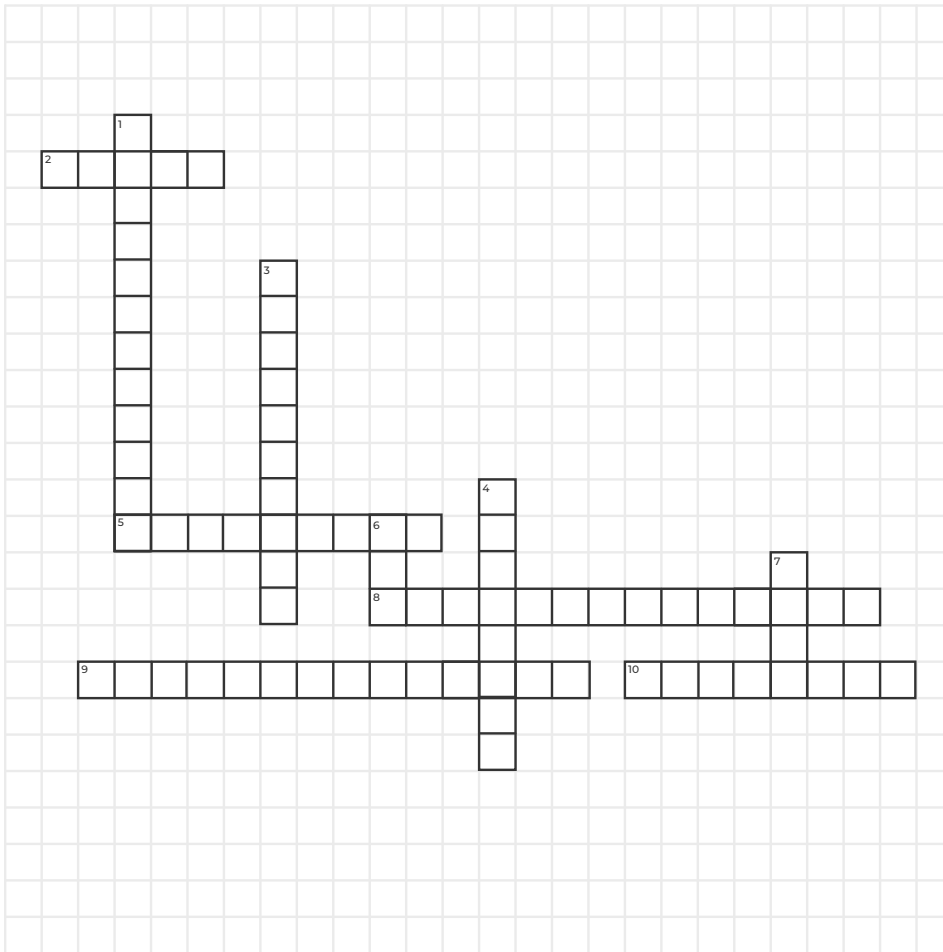




Spring clean your mental well-being crossword

Spring cleaning your mental health is just as important as spring cleaning your home. Fill out the crossword puzzle for ideas and areas you can focus on to get started.



ACROSS

2. A temporary state of rest (you should aim to get at least 7 hours at a time!)
5. A state of mind in which you feel joy and satisfaction
8. Provides you with the vitamins and minerals you need to sustain a healthy diet
9. Organizing and cleaning your house with fresh air and sunshine once winter is over
10. The state in which your body has adequate water

DOWN

1. Our emotional, psychological, and social well-being
3. Writing down your thoughts, feelings and gratitude
4. Planned movement or physical activity which improves health and fitness
6. Celestial body that provides natural vitamin D for the body
7. A physical practice often used to relax