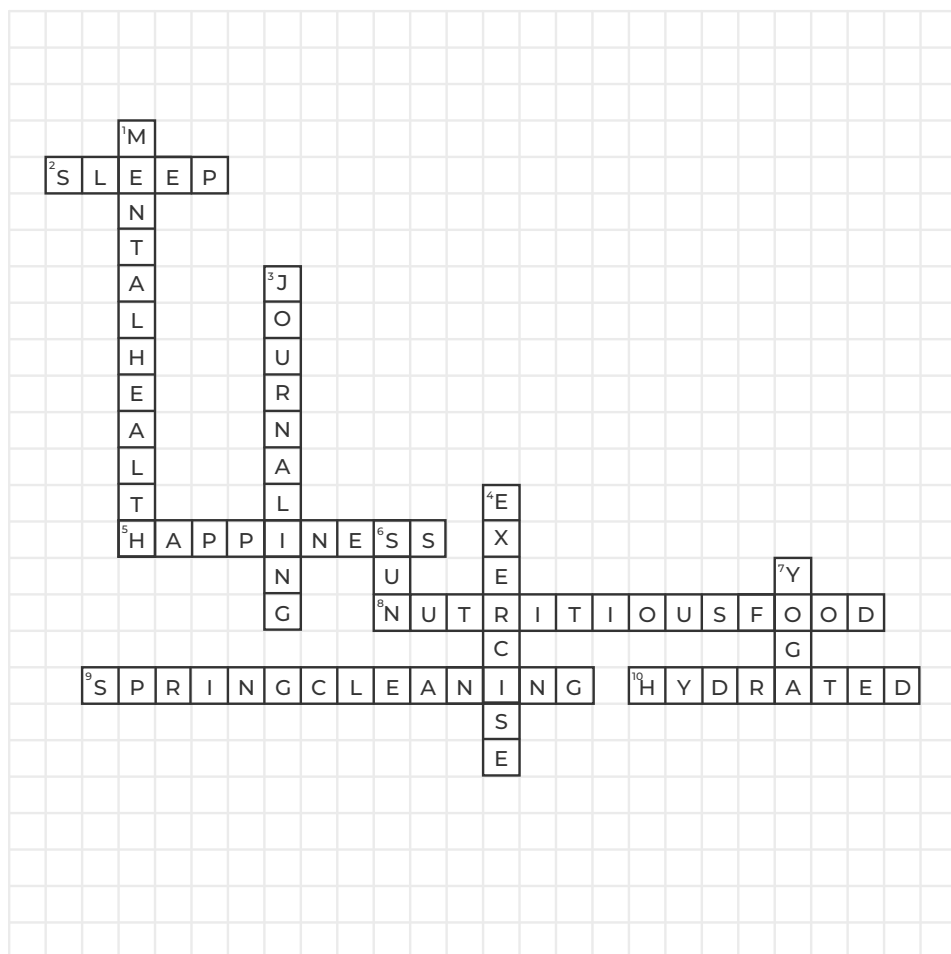




Spring clean your mental well-being crossword | Key



ACROSS

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

DOWN

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