

We invite you to solve our spring edition word search puzzle!

Find the words hidden in the grid!
Search up, down and across to spell the mind-body wellness puzzle words.

Today's puzzle was created by our newsletter editor
Lynn Schiller PhD.

MIND BODY WELLNESS

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

ACTIVITY
ALERTNESS
BODY
COMMITMENT
CONNECTION
DUALISM
EMOTIONS
HAPPINESS
IMMUNE
INTERACTION
LIFESTYLE
MIND
MOVEMENT
PERSPECTIVE
PHYSIOLOGICAL
PSYCHOSOMATIC
RECOVERY
SPIRITUAL
STRESS
THOUGHTS