

Defining Personal Wellness



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

**GOODHEALTH
WELLNESS
PHYSICAL
ENVIRONMENT
SOCIAL
MENTAL
EMOTIONAL**

**SPIRITUAL
OCCUPATIONAL
BALANCE
DAILYROUTINE
HABITS
HEALTHY**