The Wellbeing Puzzle Book

Four simple activities to unwind your mind

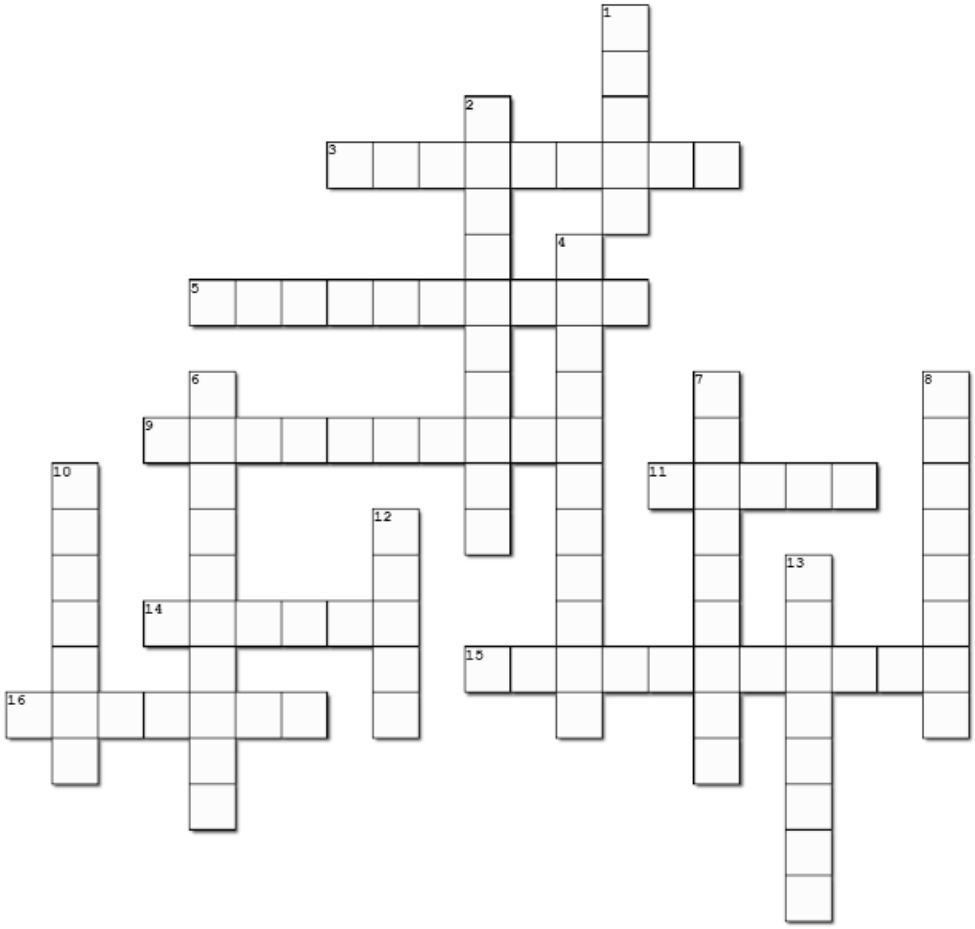
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Feel Your Best

C R O S S W O R D

A crossword with a twist! Each of the answers highlights positive and proactive ways to help manage your mental health. Once you have finished the crossword, take a moment to reflect on how many of these you do regularly and which you could do more of...



Across

3. The process of using food to support wellbeing (9)
5. The relationship we have with others (10)
9. An ancient practice derived from India (10)
11. Drink two litres a day for optimal functioning (5)
14. David Attenborough's favourite topic (6)
15. The ability to be fully present (11)
16. One of the first skills we learn at school (7)

Down

1. Rhythm we can dance to (5)
2. The use of imagination (10)
4. Regularly recording reflections (11)
6. The state of being free from tension (10)
7. Appreciation for something or someone (9)
8. Movement to improve wellbeing (8)
10. Activities that are undertaken for pleasure (7)
12. A five-letter word with lots of z's (5)
13. Something we can give that doesn't cost a thing (8)

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AFFIRMATIONS Word Search

Affirmations are positive statements used to challenge and overcome negative or unhelpful thoughts. The simple statements help shift your mindset towards your strengths and positive outcomes and by repeating the affirmations regularly, your brain begins to believe they are true, allowing your behaviour to follow suit.

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

I am...

Balanced	Grateful	Optimistic	Supported
Confident	Grounded	Present	Unique
Courageous	Kind	Resilient	Valuable
Enough	Loved	Strong	Worthy

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Colour THERAPY

“If you’re feeling blue, try painting yourself a different colour”

Colouring is a healthy way to relax your mind and body. As adults, it is a form of mindfulness that can help us to relieve stress and embrace imperfection and has been shown to reduce symptoms of both anxiety and depression.

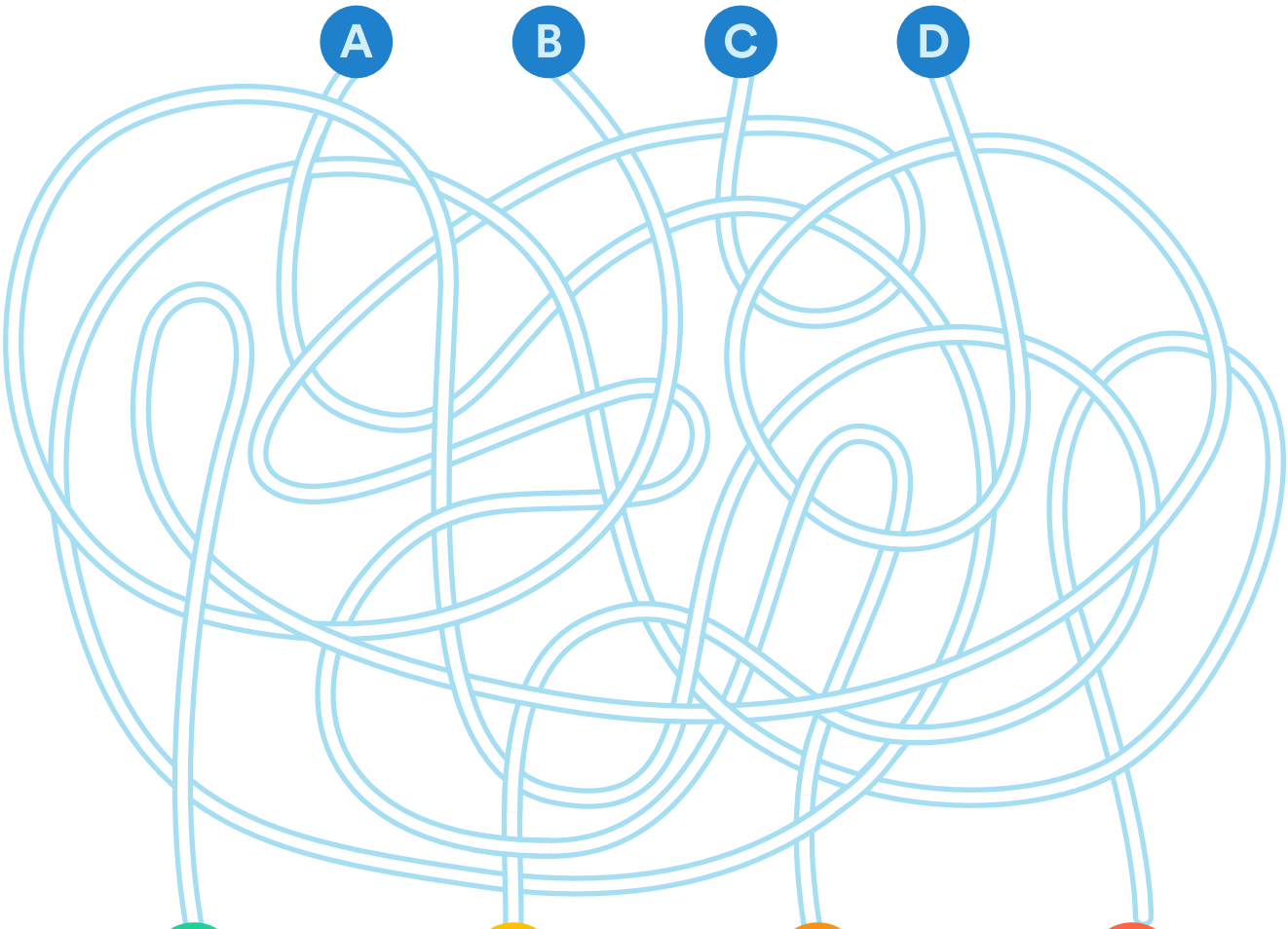


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What can you do today to boost your *happiness?*

Follow the path to find your wellbeing challenge for the day!





Experience nature
Step outside, even if just for a few minutes, and tune into your senses to be present.

Listen to your favourite song
Bonus happy hormones will be released if you dance and/or sing along too!

Make a colleague smile
Tell a joke, acknowledge their hard work or thank them for something - smiling is contagious!

Call a friend or relative
Social connections are key to wellbeing - grab a cuppa and have a chat.

Answers

Crossword

Across

3. Nutrition: The process of using food to support wellbeing (9)

5. Connection: The relationship we have with others (10)

9. Meditation: An ancient practice derived from India (10)

11. Water: Drink two litres a day for optimal functioning (5)

14. Nature: David Attenborough's favourite topic (6)

15. Mindfulness: The ability to be fully present (11)

16. Reading: One of the first skills we learn at school (7)

Down

1. Music: Rhythm we can dance to (5)

2. Creativity: The use of imagination (10)

4. Journalling: Regularly recording reflections (11)

6. Relaxation: The state of being free from tension (10)

7. Gratitude: Appreciation for something or someone (9)

8. Exercise: Movement to improve wellbeing (8)

10. Hobbies: Activities that are undertaken for pleasure (7)

12. Sleep: A five-letter word with lots of z's (5)

13. Kindness: Something we can give that doesn't cost a thing (8)

Wordsearch

