■ WELLNESS MONTH WORD SEARCH ■

SUPER HARD EDITION • Words may go forward, backward, up, down, or diagonally!

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

FIND THESE 26 WELLNESS WORDS:

KURTZ
WELLNESS
HYDRATION
EXERCISE
NUTRITION
MINDFULNESS
GRATITUDE
RESILIENCE
BALANCE
RECOVERY
SLEEP
STRESS
POSITIVITY
BOUNDARIES
SELFCARE
MOTIVATION
ENERGY
FITNESS
PREVENTION
HEALTH
TEAMWORK
KINDNESS
FOCUS
BREATHING
CONNECTION
REFRESH

Challenge yourself: every word is hidden in the grid — some overlap and many are reversed.