

Name: _____ Date: _____ Period: _____

Components of Health and Wellness

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

Environmental
Satisfaction
Emotional
Spiritual
Wellness
Health
Diet

Intellectual
Connection
Financial
Activity
Illness
Mental

Occupational
Creativity
Knowledge
Exercise
Purpose
Social

Relationships
Enrichment
Nutrition
Physical
Habits
Sleep