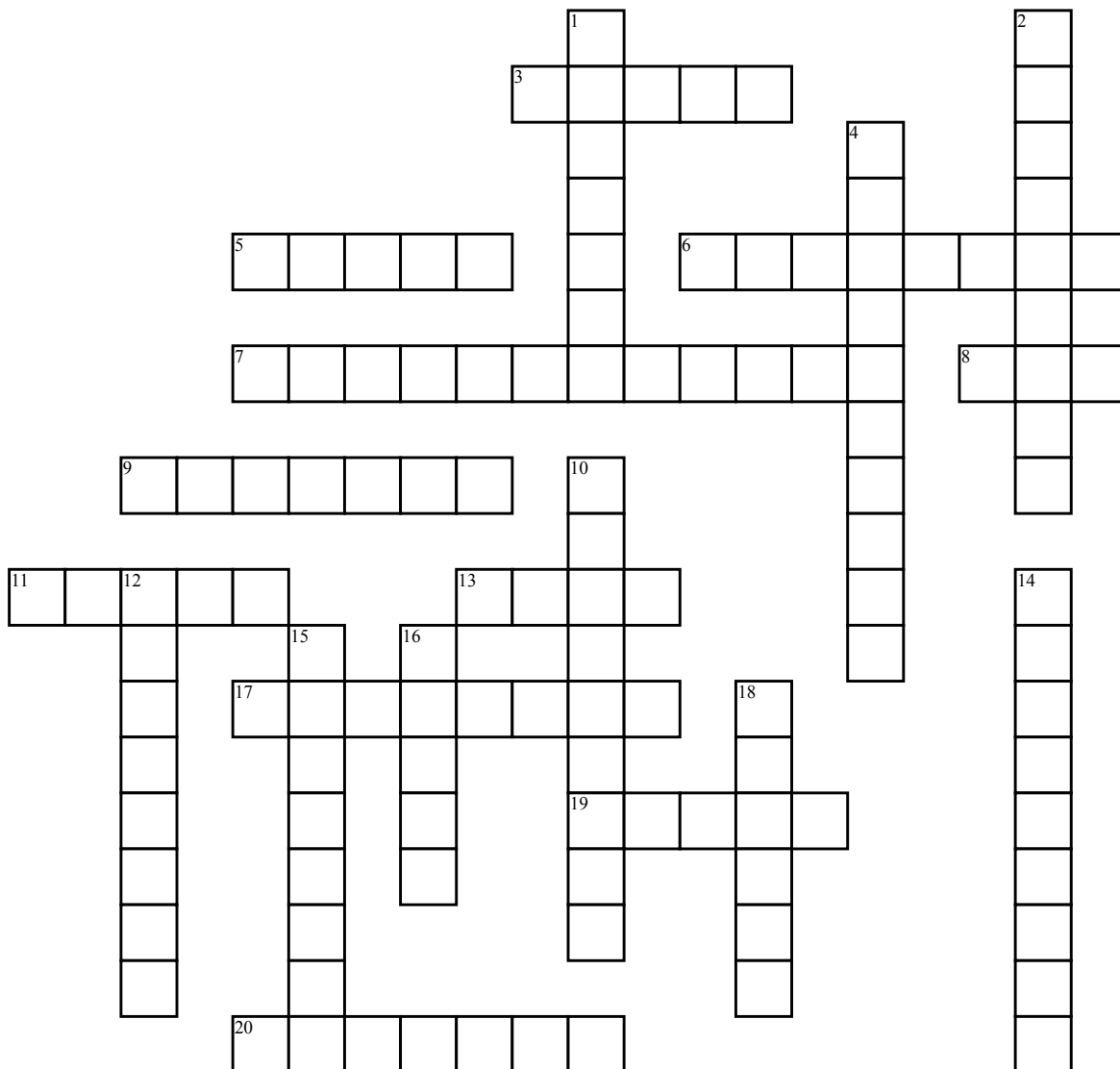


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Mental health and well being



## Across

3. To have fun
5. To drink something for absorption in our body
6. Antonym of badness
7. Diet which contains all type of adequate amount of nutrients
8. To set a goal
9. Something like a little running
11. Putting your body to rest at night

13. To do something in hour of need

17. Word which are often used when you are hyper

19. To lay down casually

20. People we love spending time with

## Down

1. To learn something from somebody

2. A synonym of celebratory function

4. A way to relax your mind and body

10. How capable I am

12. Working out with the body to burn calories

14. An adjective which shows how capable a person is

15. A therapy for happiness

16. Something to show happiness on your face

18. A way to express our feelings to god