



Brain Health Word Search

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

Can you find?

Altruism

Berries

Creativity

Coordination

Dopamine

Exercise

Friendship

Faith

Gratitude

Holistic

Inquisitive

Joy

Kindness

Learning

Memory

Mindfulness

Music

Movement

Nutrition

Optimism

Puzzles

Perception

Quality Time

Routine

Relaxation

Senses

Socializing

Sleep

Thoughts

Volunteerism