



An Attitude of Gratitude

Hidden in this puzzle are 20 areas of life in which feeling thankful can improve our emotional and even our physical health.

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

- BLOOD PRESSURE
- BRAIN HEALTH
- CAREGIVING
- FAMILY
- FRIENDS
- HEALTHY AGING
- HEART HEALTH
- IMMUNE SYSTEM
- KINDNESS
- LONGEVITY
- MARRIAGE
- MOOD
- PARENTING
- PERSPECTIVE
- PURPOSE
- RELATIONSHIPS
- SELF-ESTEEM
- SLEEP
- SOCIALIZATION
- STRESS