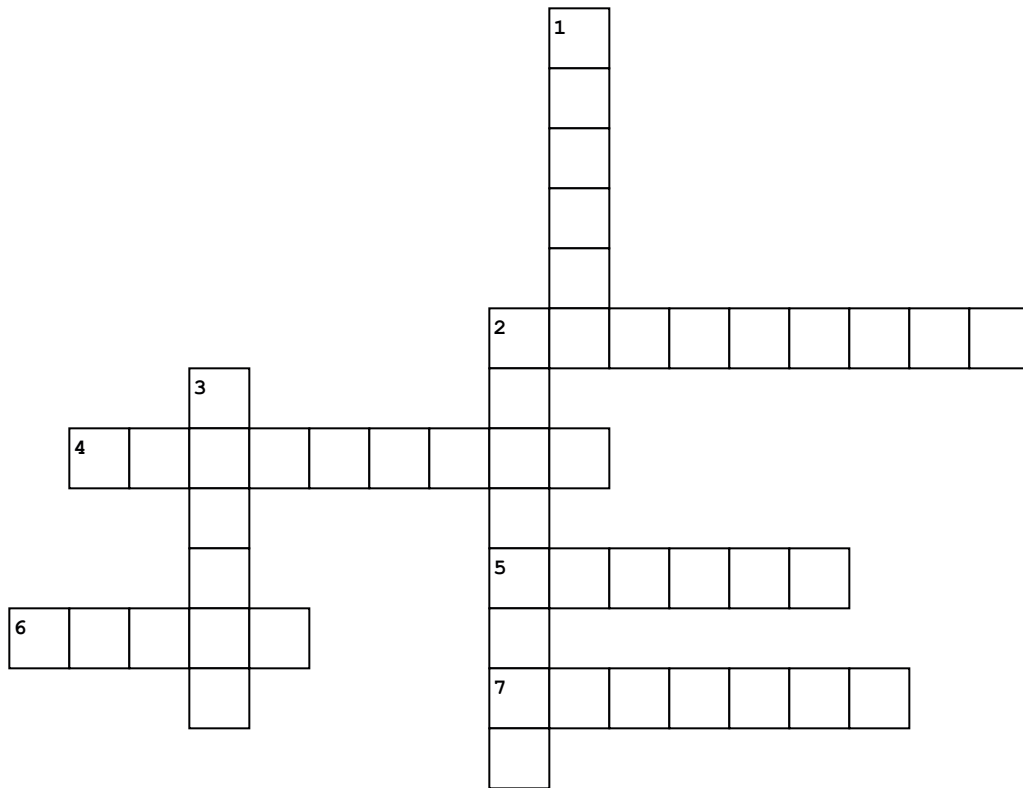


# Wellbeing crossword



### Across

2. – Brain chemical linked to happiness
4. – Connecting with the earth for balance
5. – Japanese concept of purpose in life
6. – A state of no stress or conflict
7. – A sense of peace and agreement

## Down

1. – To prosper in health and happiness
2. – Natural source of vitamin D
3. – Comfort in a time of distress