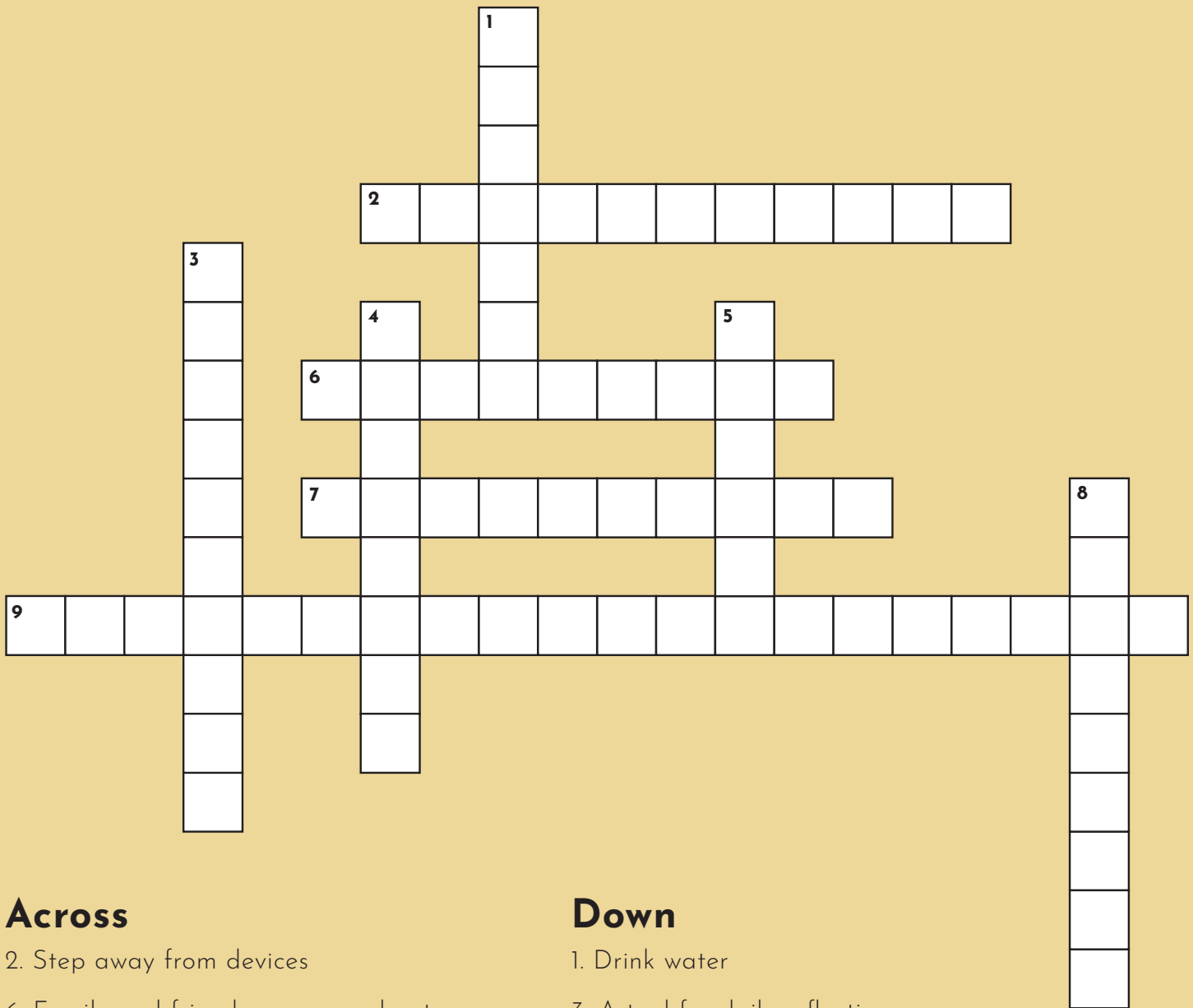


World Mental Health Day

Crossword Puzzle



Across

- 2. Step away from devices
- 6. Family and friends you care about
- 7. A practice to focus your mind
- 9. October 10th awareness day

Down

- 1. Drink water
- 3. A tool for daily reflection
- 4. Dance to your favorite tunes
- 5. Step-by-step cooking guide
- 8. Daily thankfulness practice

