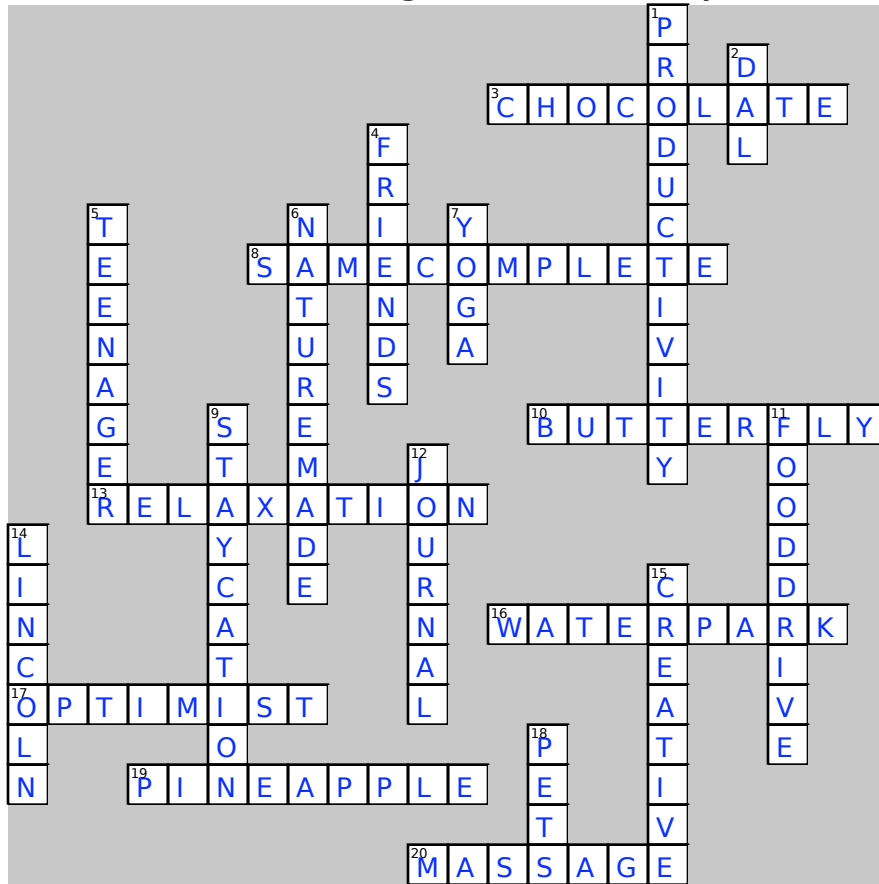


# Find Your Good Mood

Have fun with this mood lifting crossword puzzle.



## Across

- 3 This decadent "good mood food" is great for a pick-me-up (but eat in moderation).
- 8 This supplement might be able to help you restore your good mood naturally. (2 wds.)
- 10 Planting certain flowers might attract this beautiful insect.
- 13 One of the "R"'s in "R & R".
- 16 Visit one of these wet and wild locations for a carefree day of splashing and sun. (2 wds.)
- 17 If you think the glass is half full, you might be an \_\_\_\_\_.
- 19 Another great food for your mood, this sweet fruit is tropical and tasty.
- 20 Get one of these to relax your muscles and immediately help your mood.

## Down

- 1 A good mood can lead to \_\_\_\_\_, so you can get everything you need to done.
- 2 A delicious healthy comfort food made from lentils.
- 4 These are the people who can help you get through tough times. You can always count on your \_\_\_\_\_.
- 5 Your son or daughter might need some help dealing with mood swings when he or she becomes one of these.
- 6 Makes vitamins and supplements for a healthy life. (2 wds.)
- 7 An exercise that can help you balance, stretch and relax.
- 9 Instead of going away for a trip this summer, have a \_\_\_\_\_ right at home!
- 11 One great way to feel good about your country; have a \_\_\_\_\_ to help feed the hungry. (2 wds.)
- 12 one way of keeping tabs on your mood is to write daily in one of these.
- 14 This famous positive thinker walks slowly, but never backward.
- 15 Doodling, playing an instrument or singing are all great \_\_\_\_\_ outlets.
- 18 These furry friends can do wonders for your good mood, and save your sanity!