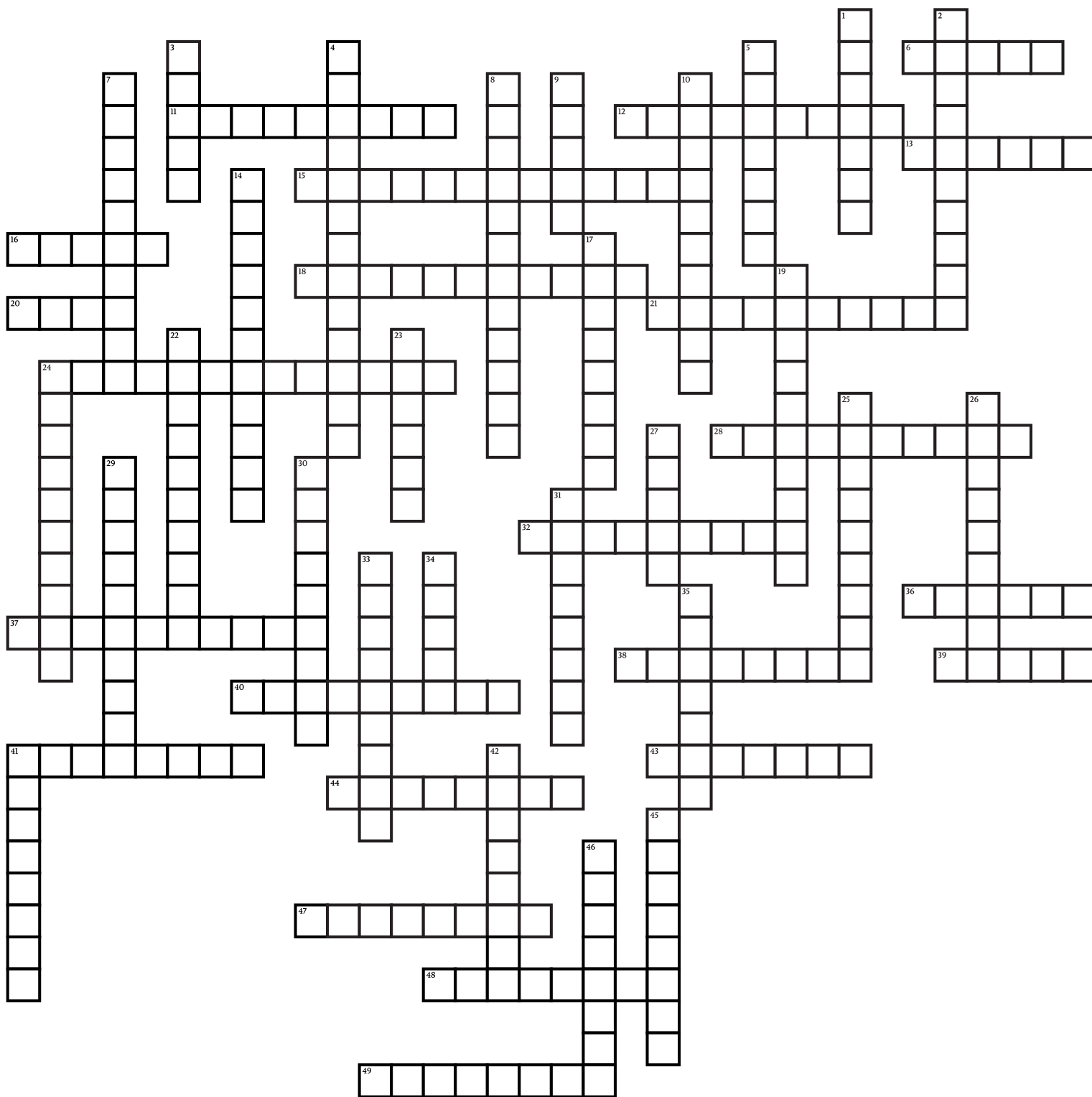


FIND YOUR ZEN CROSSWORD

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FIND YOUR ZEN CROSSWORD CLUES

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ACROSS

- 6.** A professional who helps people assess their current physical and emotional state and set goals for what they want to achieve in their overall wellness and health
- 11.** A philosophy of eating that eschews a traditional or restrictive diet
- 12.** One of the four categories of self-care influenced the most by external factors; often associated with feeling happy, sad, anxious, etc.
- 13.** To refrain from using digital or electronic devices
- 15.** Expressing yourself to another person; important or healthy relationships
- 16.** Time of rest, mentally and physically
- 18.** D.C. collective that invites women and non-binary entrepreneurs and creatives to rent part of its pop-up retail space (2 words)
- 20.** A type of exercise and spiritual practice in which you move your body into various positions in order to become more fit or flexible, to improve your breathing, and to relax your mind
- 21.** Restaurant chain that uses only vegan ingredients and compostable materials; locations of 7th Street and Connecticut Avenue
- 24.** One of the four categories of self-care encompassing the mental, emotional, social and spiritual dimensions
- 28.** An animal, often referred to as man's best friend, trained to provide affection, comfort and support to people (2 words)
- 32.** Northern Virginia boutique for high-end cosmetics, skin care and hair products
- 36.** A person's mental or physical condition
- 37.** A toy that may adorn your desk; squeeze it to relieve some anxiety (2 words)
- 38.** Physical activity that enhances or maintains physical fitness and overall health and wellness
- 39.** Local chain providing plant-based options inspired by Israeli street food; locations on K and Morse Streets
- 40.** All about eating a healthy and balanced diet
- 41.** Abstaining from drugs and alcohol for any number of personal reasons
- 43.** Enter this to develop better cognitive and emotional skills, reduce symptoms of mental illness and cope with various life challenges
- 44.** Made of clay, cream, sheets or peel-off gel, these can be part of your skincare and self-care routine (2 words)
- 47.** Online plant store and subscription service founded in 2020 by two local women with the mission of promoting mental health
- 48.** This approach focuses on a person's overall wellness instead of a single aspect
- 49.** D.C.-based holistic spa specializing in natural skincare, beauty and wellness services; located on Wisconsin Avenue (2 words)

DOWN

- 1.** Maintaining all areas of your life equally in order to maintain mental wellness
- 2.** A vehicle for emotional exploration; channels difficult feelings by putting pen to paper
- 3.** Local juicery founded by two ex-Wall Street professionals
- 4.** The process of self-reflection
- 5.** People you can lean on and trust; your chosen family
- 7.** Natural apothecary; emphasizes use of food as medicine
- 8.** Positive and affirming statements
- 9.** Take a _____
- 10.** Limits that a person creates to identify reasonable, safe and permissible ways for other people to interact with them
- 14.** Being fully aware of yourself and your surroundings
- 17.** Woman-owned floral design business specializing in avant-garde designs (2 words)
- 19.** Plant boutique; featured on the cover of our April 2020 issue (2 words)
- 22.** Entirely vegetarian taqueria; located on Grace Street and Mass Avenue (2 words)
- 23.** Statements, usually positive, repeated frequently; taken from Hinduism and Buddhism originally as a sound repeated to aid concentration in meditation
- 24.** Thinking in an optimistic way; focusing on the good in life
- 25.** Local yoga studio founded by Kelly DiNardo (2 words)
- 26.** Listening experience meant to bring balance, relaxation and a sense of well-being (2 words)
- 27.** A person who does not eat any food derived from animals or animal byproducts
- 29.** Founded in 2010 by Dr. Julie Lopez (2 words)
- 30.** Dark, milk or white? Treat yourself to some of this candy made from cacao beans
- 31.** Community concept that blends wellness with discussions for D.C. women (2 words)
- 33.** One of the four categories of self-care based on faith, values, ethics, principles and morals
- 34.** Local psychic medium and modern day "Oracle"
- 35.** You do this unconsciously all day, but when it is purposeful, it is meant to be calming and stress-relieving
- 41.** Proven mood-booster; step outside to enjoy this natural resource
- 42.** Veggie-forward, retro-chic diner, bar and bakery with a focus on vegan comfort foods; located on H Street (2 words)
- 45.** One of the four categories of self care associated with the well-being of the body
- 46.** To think deeply or focus one's mind for a period of time, usually in silence or with the aid of chanting