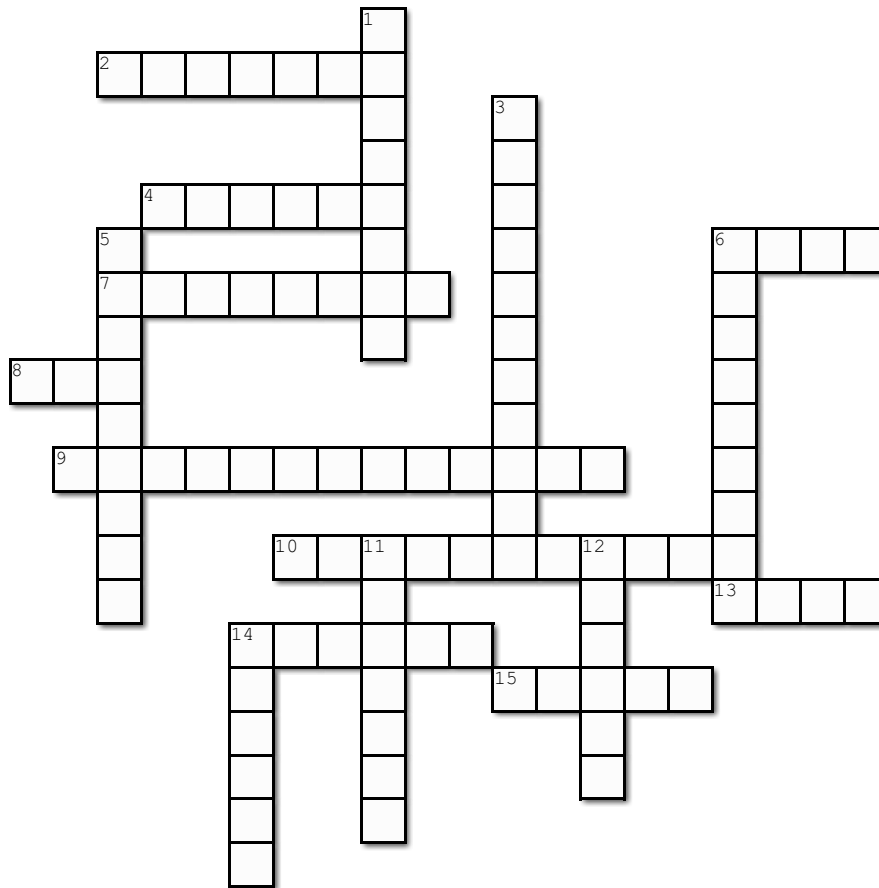


# Gratitude: The Healthy Attitude

Use the Gratitude: The Healthy Attitude handout to complete the puzzle below. To earn 100 Wellness Miles return it to Dawn Allar, Central Office, no later than Friday, March 8th.



Created using [TheTeachersCorner.net](http://TheTeachersCorner.net) Crossword Puzzle Maker

introspection   Seneca   soothe   Cicero   improve   correlation   happiness   shifts   reasoned   Hume   self  
 sleep   patient   replenishes   embedded   old   readiness

## Across

2. Gratitude might \_\_\_\_\_ your relationships.
4. He said that gratitude 'is not only the greatest one but also the mother of all the other remaining virtues.'
6. He wrote: 'Of all the crimes that human creatures are capable of committing, the most horrid and unnatural is ingratitude.'
7. Several theories suggest that gratitude is \_\_\_\_\_ in the structure of our brains.
8. Gratitude is an \_\_\_\_\_ idea.
9. \_\_\_\_\_ is the key to unlocking the benefits of gratitude.
10. Gratitude \_\_\_\_\_ willpower and can help prevent overeating.
13. Gratitude improves \_\_\_\_\_-care.
14. Scientists think that positive thoughts help \_\_\_\_\_ the nervous system.
15. Gratitude can help you \_\_\_\_\_.

## Down

1. Research found that people who felt grateful for everyday things were better able to make \_\_\_\_\_ decisions.
3. There is a positive \_\_\_\_\_ between how people rate their level of gratitude and making healthy lifestyle choices.
5. Google defines gratitude as: 'the quality of being thankful: \_\_\_\_\_ to show appreciation for and to return kindness.'
6. Gratitude gives you \_\_\_\_\_ that lasts!
11. Gratitude can make you more \_\_\_\_\_.
12. He 'ranked ingrates below thieves, rapists and adulterers.'
14. 'The miracle of gratitude is that it \_\_\_\_\_ your perception to such an extent that it changes the world you see.'