

#Get Real about how you feel

A P O S I T I V E K Q E Q U G F Q
S K R E S I L I E N C E A N Y E G
C T A E A D O U K S W A T D G E D
S D X B H R C S S S W P G E N L Z
S S E N L L E W D E Y V U R I I S
S F Y U Q R F Z K R K F E S L N D
A C H N A E K M D P V Q C T L G A
D Y N H A P G Q R X Y K N A E S L
K J S R C A L M K E S E A N B Z T
Y P P A H O N A R B C K T D A T F
R Z R Y T E I X N A D E P I L G T
Y N O D E M O T I O N S E N K Q U
E R A C F L E S F A N Q C G R M L
O N C C Z Z R H N I G M C W N N U
V C X B P L I G N C U Y A V K K B
E D K C K Y R Y G S S E R T S G M
F B Y U W Y S K E K S U P P O R T

Understanding
Labelling
Feelings
Anxiety
Stress
Share

Acceptance
Wellness
Positive
Express
Angry
Fear

Resilience
Emotions
Selfcare
Support
Happy
Sad