

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Looking After Myself

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

Mentalhealth  
Selfworth  
Problems  
Anxiety  
Talk

Resilience  
Guidance  
Nervous  
Advice  
STI

Depression  
Emotions  
Friends  
Stress

Lifestyle  
Positive  
Support  
Diet