

Name: _____

Date: _____

Looking After Myself

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

Mental health

Depression

Resilience

Self Worth

Problems

Positive

Emotions

Anxiety

Support

Friends

Stress

Talk