

Name: _____

Date: _____

Looking After Myself

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

Communication
Resilience
Problems
Support
Friends
Talk

Mental health
Self worth
Positive
Respect
Stress

Commitment
Tolerance
Emotions
Honesty
Trust

Depression
Kindness
Courage
Anxiety
Love