

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

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

# Looking after myself

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

**Lifestyle factors**  
**Meditation**  
**Resilience**  
**Positive**  
**Anxiety**  
**Stress**

**Eating disorder**  
**Body image**  
**Self worth**  
**Emotions**  
**Support**  
**Diet**

**Mental health**  
**Depression**  
**Problems**  
**Insulin**  
**Friends**  
**Talk**