

Name: _____

Date: _____

Looking after myself

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

Lifestyle factors

Eating disorder

Mental illness

Contraception

Mental health

Body image

Depression

Resilience

Self worth

Wellbeing

Positive

Emotions

Insulin

Anxiety

Support

Friends

Stress

Diet

Talk