

Name: _____

Date: _____

MENTAL HEALTH

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

DEEPBREATHING
MINDFULL
COFFEE
VALLEY
GROUP
HOPE

VISUALIZE
BELIEVE
HONEST
FRESNO
LAUGH
GIVE

KINDNESS
THERAPY
LISTEN
BINGO
MUSIC
REST

SELFCARE
FRIENDS
PRAYER
SHARE
HUMOR
HELP

GRATEFUL
SUPPORT
SAFETY
LEARN
RELAX
FUN