

Name: _____

Date: _____

Mental Health

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

toxic relationships
substance abuse
forgiveness
sobriety
recovery
stress

negative thoughts
support system
happiness
triggers
anxiety
guilt

sense of purpose
communication
gratitude
emotions
regret
anger