

Name: _____

Date: _____

Mental Health

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

cognitive distortions
Problem solving
team building
Acceptance
treatment
Emotions
respect

Distress tolerance
color breathing
psychotherapy
Selfesteem
cooperate
wellness
health

sensory regulation
accountability
coping skills
Boundaries
gratitude
choices