

Name: _____

Date: _____

Mental Health Awareness / Feelings

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

uncomfortable
distracted
reluctant
insecure
worried
afraid

discouraged
frustrated
irritated
cautious
anxious
uneasy

overwhelmed
depressed
defensive
hopeless
ashamed
unsure

bewildered
apathetic
animosity
hesitant
defiant
anger