

Name: _____

Date: _____

Mental Health- Self care

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

youthworkers
colouring
knitting
healthy
music

journalling
laughing
reading
pamper
games

volunteers
teachers
dancing
baking
relax

creativity
exercise
friends
family
talk