

Name: _____

Date: _____

Mental Health Week 2021

Conversations	Satisfaction	Therapeutic	Contentment	Mindfulness
Expression	Resilience	Positivity	BeyondBlue	Relaxation
Joyfulness	Headspace	Wellbeing	Awareness	Patience
Feelings	Emotions	Optimism	Reachout	Lifeline
Selfcare	Serenity	Support	Balance	Comfort
Welfare	Relief	Health	Mental	Happy
Mood	Help	Rest	Glee	Calm

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