

Name: _____

Date: _____

Mental Health Word Search

e g f p t e l f e g i o h m x h y j m f j y c m
b g s l l f h g n i t a e y h t l a e h m d l m
o j g p i t x e y s i r e c a n d l e r d u j d
o m i n y u y e l n l g l y u r e a c n l t a e
b e r n a y m n r a e l i j r p u f e t y s j e
a l d n p d l e p r s y n g o i j r j d h j f x
u p b n o t n x u a n c x i j u n s e h d x g e
c i d a r l b a t h b o m b m m r c d d u x c r
s l p e t c f p h y c s j n j u o n b d u e n c
u p x s s a c a h x f f a x c h d b a g p s h i
s l g m a l g c e p f n h s i x p c j l t s h s
e t d m t x i d b s i c b g l l n g e p s e s e
p x j o n s o c l j o r m n l b h u i h y n b t
r p x i u o p b e b l c l h u x r g m g o l u i
l i s m n o i c s j u b i y t t o t u d n u s j
o y p y u u d t i d l r t a p u r t s n x f b p
u x l b e b b s a r b n l p l a u i j l s d y p
a n s o r d j o f x g a r u t i x p t l n n t d
d a a u x h d i e t a p f h y p s t t i y i p y
f t r o p p u s t d s l e c s s x e d n o m r o
n f o g p o e j n x d l e o i h m r i i e n t h
y l u e l e l o r a a p m r o f m s l e e p d j
j n u n b i f f e m y a h t r l x r g o t x o d
t l x r n a d r a t b h a i p m r s e j f b y f

healthy eating

mindfulness

relaxation

nutrition

socialise

bathbomb

exercise

support

journal

candle

learn

study

music

Sleep

Read

apps

Diet

fun