

Name: _____

Date: _____

Mental Health Word Search

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

Mental health
Emotional
Spiritual
Coping

Psychological
Nutrition
Emotions
Social

Body Image
Self Love
Physical
Sleep