

Name: _____

Date: _____

Mental Health

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

learn something new
call a friend
self control
Drink water
self-talk
empathy
lonely
music
swim

conflict resolution
uncomfortable
play a sport
confident
emotions
journal
scared
Happy
calm

learn to switch off
assertiveness
embarrassed
gratitude
exercise
anxiety
dance
sleep
read

listen to yourself
ask for help
friendships
breathing
hobbies
Sadness
bored
sing
run

work life balance
disappointed
eat healthy
automatic
jealous
shower
anger
walk
art