

Name: _____

Date: _____

Mental Health and Well-Being

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

stress management
tackle stress
get outside
vitamin D
get help
writing
laugh

talk to someone
go for a walk
ride a bike
good food
exercise
friends
sleep

look at memes
make a plan
depression
resilient
drawing
anxiety