

Name: _____

Date: _____

Mind Matters

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

mentalhealth	relationship	relaxation	resilience	awareness
exercise	laughing	optimism	security	selfcare
balance	dancing	empathy	friends	family
health	safety	social	stress	goals
happy	house	money	water	mind
team	work			