

Name: _____

Date: _____

Mind Matters

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

Smiling and Laughing
Gratefulness
Relaxation
Kindness
Talking
Empathy

Worklife Balance
Goal Setting
Keep Calm
Laughing
Dancing
Family

Stay Hydrated
Resilience
Self Care
exercise
Smiling
Sleep