

Name: _____

Mind Ya Mental

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

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|-------------------|-----------------|---------------|--------------|
| Guided Meditation | Massage Therapy | Mental Health | Panic Attack |
| Counseling | Depression | Self Care | Check Up |
| Work Out | Wellness | Bravery | Therapy |
| Anxiety | Stretch | Breathe | Family |
| Peace | Rest | Yoga | |