

Resilience and Resources

K M O W P U E T U D E X E R C I S E E M F D H X
I Y Y C C B F H Y C 2 T C S F Y 2 K L A U G H P
2 P C H Y M C O L O U R I N G T J A 2 J R N P J
S P S N A C K S O A T H F S T R E S S F R E E K
I K S E B M F 2 W J S R O J S G W I 2 Y X O I R
B U P R L P E B O R A N A G F L O U R M D G T S
I H O A G 2 I F W 2 S L E E P T D O G S F X A N
W O T I N E U A F F I R M A T I O N S N E L N T
E M I E M S M J W R X J P D C R I I F G M D Y X
S R F G O O D 2 T A L K L F T P F F 2 D H T W R
J T Y K K I O K F I D G E T T O Y S N H Y A D M
B B O K Y L Y K G E H O O B B M H Y X H R H H O
C R K M T D A X F G 2 L U J N E Y P M L E P K U
L E A J E N B P R G G J H C 2 N J C J M A N P F
P S E E B U B B L E B A T H Y E L O 2 H D B U E
R I S T G U U Y C M E D I T A T E U H W T E A B
G D T N Y N D C K 2 B T I T N F E N I I H T K C
K E J O U R N A L Y K J Y X L L W S N B M L G D
R N N X I D I J Y F P Y H I R I G E T R D E L H
J C U X H G H A H 2 S E M P M X K L G K F F P B
P E M O I 2 A C Y N W C O D 2 B A L 2 E J L 2 K
F D U N F Y X W I R S Y S P S C G O N N M X T K
O O L U N B H H M S N R J O L 2 P R B U E L S P
X N A N R 2 2 C S F R I E N D S O S M J 2 N D X

Residence Don
Stress-free
Exercise
Netflix
Sleep

Affirmations
Counsellor
Meditate
Spotify
Read

Bubble Bath
Colouring
Friends
Snacks
SWS

Fidget Toys
Good2Talk
Journal
Laugh
Tea