

Name: _____

Date: _____

Staying Strong

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

take care of yourself
mood regulation
have routines
distractions
resilience
security
strong

be kind to yourself
treat yourself
accept change
warm showers
mediation
exercise
relax

lean on supports
healthy habits
love yourself
mindfulness
nutrition
balance
music

take medications
balanced diet
coping skills
drink water
selfcare
safety
sleep