

Name: \_\_\_\_\_

# Stress Less Laugh More Week Word Search

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

you are not alone  
schizophrenia  
depression  
positivity  
exercise  
breathe  
sleep  
ADD

bipolar disorder  
mood swings  
friendship  
awareness  
I matter  
courage  
smile  
OCD

eating disorder  
self-esteem  
laugh more  
counselor  
recovery  
healthy  
ADHD

mental wellness  
stigma free  
medication  
nutrition  
speak up  
support  
mood

panic attacks  
stress less  
meditation  
self help  
anxiety  
therapy  
yoga