

Stress and Mental Health Wordsearch

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

DO SOMETHING YOU ARE GOOD AT

TALK ABOUT YOUR FEELINGS

TAKE REGULAR BREAKS

ACCEPT WHO YOU ARE

CARE FOR OTHERS

DRINK SENSIBLY

KEEP IN TOUCH

ASK FOR HELP

KEEP ACTIVE

EAT WELL