

WRAP Wordsearch

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

Personal Responsibility
Self-Advocacy
Brainstorm
Education
Self-care
Laughter
Nature
Music
Hope

Daily Maintenance Plan
Action Plan
Journaling
Gardening
Creative
Recovery
People
Sleep

Mary Ellen Copeland
Mindfulness
Reflection
Mediation
Exercise
Wellness
Scents
Water

Wellness Tools
To Do Lists
Relaxation
Saying No
Kindness
Support
Sounds
Food