

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

# Ways to be Mentally Healthy

1. KLAT UTBAO LFSNEEGI \_\_\_\_\_
2. TAE WELL \_\_\_\_\_
3. EKEP IN HOUTC \_\_\_\_\_
4. ETKA A EABRK \_\_\_\_\_
5. PEEK ATEIVC \_\_\_\_\_
6. RIDNK LNEBYSIS \_\_\_\_\_
7. SAK ROF PHLE \_\_\_\_\_
8. ECRA ORF HESRTO \_\_\_\_\_
9. CINNETUO OT EARLN \_\_\_\_\_
10. NGAEMA RTSSSE \_\_\_\_\_
11. LITAQYU EPELS \_\_\_\_\_
12. DFNI NNGIAEM \_\_\_\_\_
13. TSE AOGLS \_\_\_\_\_
14. TYR OT BE CIIRETALS \_\_\_\_\_
15. KMEA IMTE ORF FSEL \_\_\_\_\_

## Word Bank

manage stress  
ask for help  
find meaning  
take a break

make time for self  
drink sensibly  
care for others  
continue to learn

keep in touch  
keep active  
eat well  
set goals

quality sleep  
talk about feelings  
try to be realistic