

Name: _____

looking after myself

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

Mental health

Depression

Resilience

Problems

Positive

Emotions

Anxiety

Support

Friends

Stress

Talk