

Name: _____

Date: _____

seeking safety

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

get eight hours sleep

attend day pregame

talk to someone

attend meetings

shower daily

seeksupprot

mindfulness

seek help

self care

mediation

exercise