

Name: _____

Date: _____

Mental Wellness

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

self preservation encouragement self esteem self awareness patience acceptance
aspirations dreams hope self care happiness coping skills grief depression anxiety
meditation Stress Relief Exercise Peace Rest