

Mental Health

Word Search

Find the words hidden in the puzzle

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

ANXIETY
BALANCE
BIPOLAR
COPING
DEPRESSION

EMOTIONS
FOCUS
MOOD
MOTIVATION
RESILIENCE

SELFESTEEM
STRESS
SUPPORT
THERAPY
WELLBEING