

MENTAL HEALTH AWARENESS WORD SEARCH

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

ACCEPTANCE

ADVOCACY

COMPASSION

COPING SKILLS

EMOTION

EMPATHY

EMPOWERMENT

EXERCISE

FREEDOM

GRATITUDE

HEALING

HOPE

MINDFULNESS

POSITIVITY

REFLECTION

RESILIENCE

SELF-CARE

SELF-ESTEEM

SLEEP

STRENGTH

SUPPORT

TALK

THERAPY

UNDERSTANDING

WELLNESS

Email your completed word search to jmontiel@akronchildrens.org by May 17, 2024.