

Name: _____

Mental Health Month

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

Find the following words in the puzzle.

Words are hidden     and .

BREATHE	ENVIRONMENT	GRATITUDE	NATURE	SLEEP
CARE	EXERCISE	HABIT	NUTRITIOUS	SOCIAL
CHANGE	FACTS	HEALTH	OUTDOORS	STRESS
CONNECT	FEELINGS	LAUGH	PANDEMIC	SUPPORT
CONTRIBUTE	FINANCIAL	LEARNING	PHYSICAL	TALK
COVID	FOCUS	MENTAL	PLAN	THOUGHTS
CREATE	FUN	MINDFULNESS	RELAXATION	WALK
EMOTIONS	GOALS	MYTHS	RESILIENCE	WELLNESS