

Name: _____

Date: _____

Strengthening Readiness and Resilience

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

Strengthen Network
Cultivate Trust
Family Dinner
Rejuvenate
Volunteer
Engage
Walk

Express Gratitude
Foster Optimism
Stay Active
Self-Care
Connect
Thrive
Grow

Manage Finances
Build Cohesion
Eat Healthy
Seek Help
Breathe
Sleep