

Name: _____

mental health

1. HLEHTA _____
2. ENTMLA _____
3. YPIITIOVST _____
4. SFLVOELE _____
5. HPYAP _____
6. NDEPOERSIS _____
7. YIETXNA _____
8. HYATMPE _____
9. RTDISSES _____
10. ELARX _____
11. EABRTEH _____
12. OKTRUOW _____
13. JONALRU _____
14. PALN _____
15. OIYPRT _____
16. TSER _____
17. LGTIU _____
18. GTHRNSTE _____
19. SESSRT _____
20. PELES _____

Word Bank

happy	breathe	plan	distress
health	priority	empathy	rest
strength	journal	stress	workout
positivity	relax	guilt	depression
anxiety	mental	sleep	selflove