

Taking Care of Your Mental Health

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

adequate sleep maintain relationships volunteer think positive stay active get outside
social connections seek help meditate



Taking Care of Your Mental Health

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

adequate sleep maintain relationships volunteer think positive stay active get outside
social connections seek help meditate