

Mental Health Word Search

Find all the hidden words in the grid below.

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

WORDS TO FIND

MINDFULNESS

RESILIENCE

MEDITATION

CONFIDENCE

POSITIVITY

AWARENESS

EMOTIONS

SELFCARE

WELLNESS

ANXIETY

THERAPY

HEALING

BALANCE

SUPPORT

STRESS