

May is Mental Health Awareness Month

S	C	R	E	A	T	I	V	I	T	Y	S	R	R
E	X	E	R	C	I	S	E	D	R	G	O	N	N
U	T	E	F	E	R	U	T	C	U	R	T	S	G
C	T	S	Y	T	E	I	R	B	O	S	R	N	N
I	A	L	E	T	R	G	R	O	U	P	S	C	D
A	M	E	D	I	C	A	T	I	O	N	T	G	I
M	G	E	T	G	N	I	N	R	A	E	L	T	T
U	E	P	S	D	N	E	I	R	F	N	A	M	I
S	O	T	I	N	O	I	T	A	T	I	D	E	M
I	S	C	R	A	F	T	S	U	P	P	O	R	T
C	N	A	T	U	R	E	S	D	N	C	T	R	R
N	T	E	N	I	T	U	O	R	O	E	R	N	A
U	E	B	M	T	E	D	U	T	I	T	A	R	G
B	A	L	A	N	C	E	D	E	A	T	I	N	G

NATURE
 FRIENDS
 EXERCISE
 NAMI
 GRATITUDE
 CREATIVITY
 MUSIC
 STRUCTURE
 MEDITATION
 SOBRIETY
 MEDICATION
 ROUTINE
 SUPPORT
 BALANCED EATING
 GROUPS
 LEARNING
 ART
 SLEEP
 CRAFTS

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