

Mental Health Awareness

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

YOGA
 FOCUS
 THERAPY
 COPING
 AGRESSION
 VIOLENCE
 MINDFULNESS
 RESPECT
 GRIEF
 SET GOALS
 EXERCISE
 WITHDRAWAL
 DEPRESSION
 BALANCE
 ROUTINE
 ANXIETY
 ISOLATION
 HOBBIES
 SLEEP
 RELAXING

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