

# Mental Health Scavenger Hunt

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

SELF CARE  
LEARN  
BREATHE  
TRUST  
DEPRESSION  
KINDNESS  
LISTEN  
UNDERSTANDING  
TOLERANCE  
PANIC  
ANXIETY  
LOVE  
ACCEPTANCE

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