

Mental Health Word Search <3

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

SELF CARE
RELAXATION
THOUGHTFUL
MOTIVATION
SELF REFLECTION
ANXIETY
AFFIRMATION
BURNOUT
STRESS
THERAPY
EMOTIONS
DEPRESSION
COMMUNICATION
FITNESS
WELLNESS
MUSIC

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