

Mental Health Word Search

Puzzle 132

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

**ADAPTATION
CALMNESS
EMOTIONAL
EXHAUSTION
GENTLENESS
RESTORATION
SHAME
STRAIN**

**ANXIETY
CARE
EXERCISE
FRUSTRATION
NERVOUSNESS
SAFETY
SLEEP
WELLNESS**

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Puzzle-Solution 132

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

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