

# Mental Health Word Search

## Puzzle 186

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

**ADJUSTMENT  
AMBIVALENCE  
EMOTION  
IRRITATION  
PEACE  
RELEASE  
SADNESS  
TRUST**

**AGITATION  
BELONG  
FOUNDATION  
NUTRITION  
PROTECTION  
ROOT  
THERAPY  
YOGA**

# Mental Health Word Search

## Puzzle-Solution 186

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

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