

# Mental Health Word Search

## Puzzle 196

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

**ADJUSTMENT  
BREATH  
COURAGE  
EXERCISE  
GOAL  
REFLECTION  
SATISFACTION  
STRESS**

**BOND  
CARE  
ELATION  
EXHAUSTION  
PUZZLEMENT  
RELEASE  
SENTIMENT  
WARMTH**

# Mental Health Word Search

## Puzzle-Solution 196

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

**ADJUSTMENT**  
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