



PUZZLE

Mental health word scramble

Name: _____ Date: _____

Each scrambled word contains one extra letter. Unscramble the words and place the extra letter in the last column. Then read the extra letters vertically to complete the phrase.

Clue and scrambled word	Answer	Extra letter
1. Mental health impacts our ability to cope with a trusfsloes situation.		
2. Mental illness can impact hyapcilsf health.		
3. Support, krentettam , and coping techniques can strengthen mental health.		
4. A number of acrfstio contribute to a person's risk for mental illness.		
5. Being rnaugfelt can help those struggling with depression.		
6. Practicing opdocisnmsa can bring relief from stress and anxiety.		
7. Being maiethcpetn and trying to understand another person's perspective supports compassion.		
8. A gratitude ouajelrn can help you recognize things to be grateful for.		
9. Thanking those who plseh you is one way to use gratitude to improve your mental health.		
10. Physical cttaivsyi reduces anxiety and improves your mood.		

“A single act _____ throws out roots in all directions,
and the roots spring up and make new trees.”

~ Amelia Earhart ♦

