

Mental Health Awareness

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

- YOGA
- FOCUS
- THERAPY
- COPING
- AGRESSION
- VIOLENCE
- MINDFULNESS
- RESPECT
- GRIEF
- SET GOALS
- EXERCISE
- WITHDRAWAL
- DEPRESSION
- BALANCE
- ROUTINE
- ANXIETY
- ISOLATION
- HOBBIES
- SLEEP
- RELAXING

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