|  |  |
| --- | --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Mental Health

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

   depression       health       anxiety       bipolar       psychological       feelings       treatment       isolation       hereditary       pain       motivation       environment       stress       meditation       positivity       trauma       healing       transition       counseling       therapist       hope       Mindfulness       mindfulness