

Mental Health Affirmations Crossword Puzzle

Instructions: Use the clues to fill in the crossword with words and phrases related to mental health, self-care, and positive affirmations.

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  1 2 3 4 5 6 7 8 9 10
1 S E L F C A R E
2     T
3 C A L M
4     R
5 S U P P O R T
6     E
7 H O P E
8     S
9 H E A L I N G
10    S
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Across

1. SELFCARE: Actions you take to protect your mental, emotional, and physical well-being.
3. CALM: A peaceful state of mind; the opposite of anxious.
5. SUPPORT: Help or encouragement from others.
7. HOPE: Belief that good things are possible, even in hard times.
9. HEALING: The process of becoming mentally or emotionally well.

Down

2. STRESS: Mental or emotional strain caused by pressure or demands.
4. CARE: Concern and kindness toward yourself or others.
6. RESILIENCE: The ability to recover from challenges.
8. NESS: A suffix that turns adjectives into states of being, as in kindness.

You are worthy of care, patience, and compassion—always.