

Space to Breathe Therapy

Mental health word search

Have a look at the series of letters down below, what words do you notice first? Are they positive words or negative?

m	b	e	n	e	r	g	e	t	i	c	n	y	l	a
y	j	d	n	e	g	r	a	t	i	t	u	d	e	n
f	l	h	c	h	a	e	g	v	l	o	t	e	l	x
x	i	a	i	o	c	h	e	e	r	f	u	l	g	i
m	k	p	u	a	j	z	i	b	x	g	v	m	f	o
w	s	p	c	n	n	g	v	n	y	a	x	r	e	u
o	l	i	l	g	b	t	k	a	g	n	t	m	a	s
r	a	n	t	e	p	o	s	i	t	i	v	e	r	d
r	i	e	l	r	u	l	o	o	i	o	s	n	c	n
y	o	s	b	s	s	a	d	n	e	s	s	j	m	a
i	o	s	i	r	o	e	j	z	y	t	p	t	i	u
n	s	o	e	f	r	u	s	t	r	a	t	i	o	n
g	v	s	c	n	u	m	d	x	l	o	v	e	b	o
y	t	i	r	e	d	a	g	r	m	n	d	n	t	s
e	x	c	i	t	e	d	z	t	p	o	e	s	e	q

Anxious

Fear

Cheerful

Positive

Worrying

Gratitude

Energetic

Happiness

Tired

Anger

Frustration

Sadness

Excited

Love



space to breathe
THERAPY