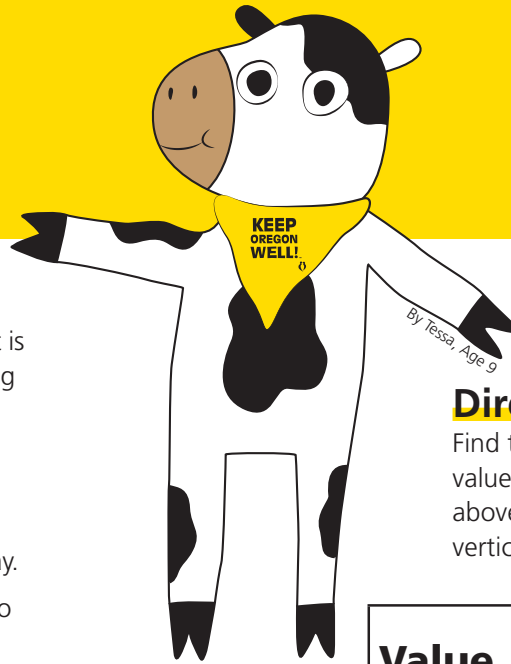


KEEP OREGON WELL!



Hello! I am Kipp. Have you heard about Keep Oregon Well? It is all about health and wellness. Sometimes it is hard to think about health and wellness besides eating vegetables and exercising. That is why I am here!

Keep Oregon Well wants people to think about their mental health too! What's mental health? It is your thoughts, feelings, and connections with other people. Why is it important? Our mental health helps us make decisions about what to do and say.

Keep Oregon Well has 10 values. These values we should try to live by in order to keep ourselves and the community well.

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

Directions

Find the Keep Oregon Well values hidden in the puzzle above. The values are horizontal, vertical or diagonal. Have fun!

Value	Definition
Democracy	Hearing all voices to make decisions together
Empathy	Being kind and listening without judgment
Visibility & Empowerment	Stand up and speak out
Emotional Intelligence	Understanding and recognizing feelings
Equity & Inclusion	Recognizing and respecting differences & including others
Growth & Change	My actions matter to help the world, sometimes I need to change
Inquiry & Social Learning	Asking questions and looking for answers & Finding good role models
Nonviolence	Not hurting myself or others, body or mind with my actions or words
Open Communication	Sending clear messages
Social Responsibility	Taking care of self, others, and the environment

#MentalHealthMatters

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