

D
D
P
M
a
y
2
0
2
0

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

-
- Family • Friendship • Supported • Art • Selfharm
 - Help • Struggling • cptsd • MentalHealth
 - Scared • Dynamic • FitIn • Approachable • Carers
 - Suffering • Strict • Conflict • Space • Homelessness
 - Happy • Thankful • Therapy • Headspace
-

Mindful Horoscopes

D
D
P

M
A
Y

2
0
2
0

Mar 21 - Apr 19



ARIES

The more you praise and celebrate your life, the more there is in life to celebrate.

- Oprah Winfrey

Apr 20 - May 20



TAURUS

Don't be afraid to start over. You're not starting from scratch, you are starting with experience.

May 21 - June 20



GEMINI

Everything comes to you at the right time. Be patient.

Jun 21 - Jul 22



CANCER

Feel what you need to feel and then let it go. Do not let it consume you.

- Dhiman

Jul 23 - Aug 22



LEO

Your life isn't yours if you care what someone else thinks

- Jade Marie

Aug 23 - Sep 22



VIRGO

Set peace of mind as your highest goal, and organise your life around it.

-Brian Tracy

Sep 23 - Oct 22



LIBRA

You do not wake up and become the butterfly.

Growth is a process.

Oct 23 - Nov 21



SCORPIO

Always remember, this is just a chapter, not the whole story.

Nov 22 - Dec 21



SAGITTARIUS

Be where you are; otherwise you will miss your life.

- Buddha

Dec 22 - Jan 19



CAPRICORN

Be proud of how hard you're trying.

Jan 20 - Feb 18



AQUARIUS

Sometimes the bravest and most important thing you can do is show up.

-Brene Brown

Feb 19 - Mar 20



PISCES

Stay close to those who feel like sunshine.