

Mental Health Riddles 1



1. I'm a deep breath in and out. Calming nerves and easing doubt. What am I?

Answer: _____



2. I'm a journal where you write. Feelings flowing day and night. What am I?

Answer: _____



3. I'm a worry in your head. Spinning thoughts before you're in bed. What am I?

Answer: _____



4. I'm a walk out in the air. Clearing cobwebs everywhere. What am I?

Answer: _____



5. I'm a hug when times are tough. Saying you are good enough. What am I?

Answer: _____

Mental Health Riddles 2



6. I'm a therapist who'll hear. Every hope and every fear. What am I?

Answer: _____



7. I'm a boundary, firm and kind. Protecting peace of mind. What am I?

Answer: _____



8. I'm a good night's restful sleep. Healing wounds both wide and deep. What am I?

Answer: _____



9. I'm a tear you let fall free. Releasing what you need to be. What am I?

Answer: _____



10. I'm a mantra, soft and low. Helping anxious feelings go. What am I?

Answer: _____

Mental Health Riddles 3



11. I'm a hobby, just for fun. Painting, dancing in the sun. What am I?

Answer: _____



12. I'm a friend who checks on you. Asking how you're really doing too. What am I?

Answer: _____



13. I'm a pause before you speak. Finding calm when things feel bleak. What am I?

Answer: _____



14. I'm a routine, safe and sound. Steady ground when spinning round. What am I?

Answer: _____



15. I'm a smile you choose to wear. Even when life feels unfair. What am I?

Answer: _____

Mental Health Riddles 4



16. I'm a limit on your screen. Resting eyes from blue-light sheen. What am I?

Answer: _____



17. I'm a yoga pose so still. Stretching body, calming will. What am I?

Answer: _____



18. I'm a gratitude you name. Three good things, a simple game. What am I?

Answer: _____



19. I'm a no that sets you free. Choosing what is best for me. What am I?

Answer: _____



20. I'm a step you take each day. Healing happens on the way. What am I?

Answer: _____

Mental Health Riddles – Answers

- 1. Deep breathing**
- 2. A journal/diary**
- 3. Anxiety/worry**
- 4. A mindful walk**
- 5. A comforting hug**
- 6. A therapist/counsellor**
- 7. A boundary**
- 8. Sleep/rest**
- 9. A healing cry**
- 10. A mantra/affirmation**
- 11. A hobby/self-care**
- 12. A supportive friend**
- 13. A mindful pause**
- 14. A daily routine**
- 15. Resilience/a brave smile**
- 16. A screen break**
- 17. Yoga/meditation**
- 18. A gratitude practice**
- 19. Saying no (self-care)**
- 20. Progress/recovery**

