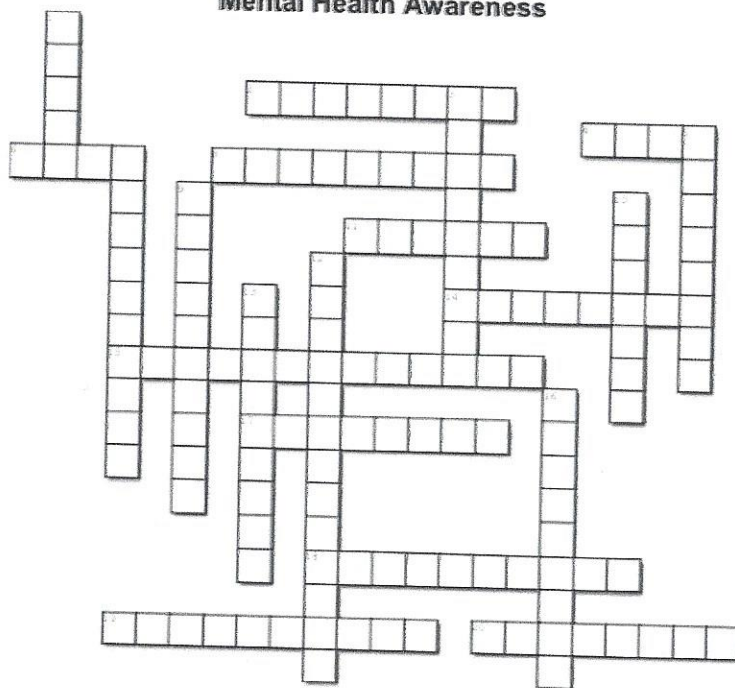


Mental Health Awareness



Created using the Crossword Maker on TheTeachersCorner.net

Across

2. actions and attitudes which contribute to the maintenance of well-being and personal health
4. A feeling that prevents people with mental illness and/or substance abuse from getting help
6. disorder that develops in some people who have experienced a shocking, scary, or dangerous event
8. Talking to a professional _____ can be a great way to work through your emotions.
11. physical wellbeing
14. activity requiring physical effort, carried out to sustain or improve health and fitness
15. a network of people who provide an individual with practical or emotional support
17. cutting, burning are examples of _____
18. the stage of grief with closure
19. a fantastic way to center your mind and focusing on your breath.
20. moving away from others and avoid going out at all possible costs.

Down

1. feeling meaning doing something & getting caught
3. the ability to bounce back from adversity
5. process of change through which people improve their health & wellness, live a self-directed life & reach their full potential
7. feelings of severe despondency and dejection
9. the way you sense or view something
10. a feeling of worry, nervousness, or unease
12. a person's condition with regard to their psychological and emotional well-being
13. an abrupt and apparently unaccountable change of mood.
16. relationships and social networks that provide support, friendship, love, and hope