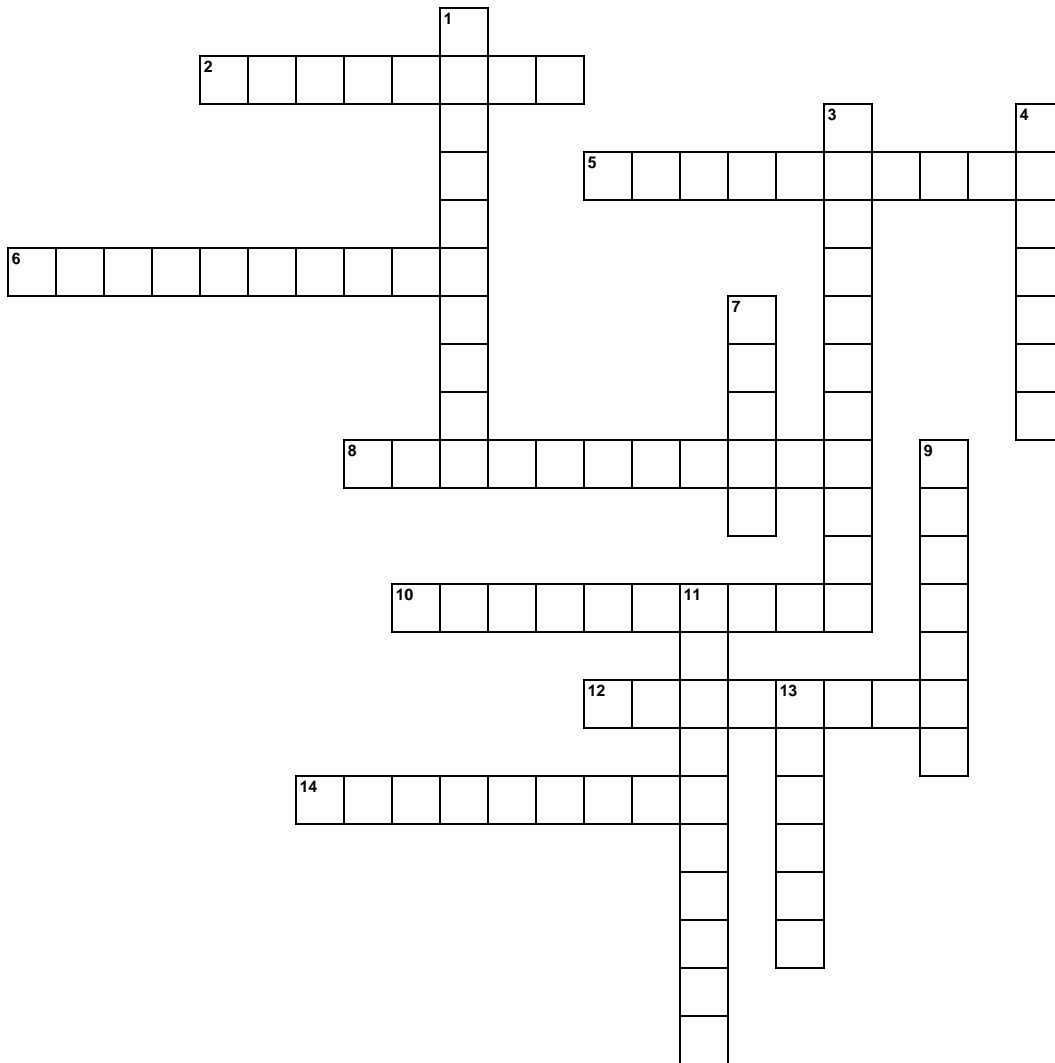


Mental Health



Across

- [2] Positive attributes of a person.
- [5] Feeling excited and ready to take action to accomplish a goal or idea.
- [6] Limits or rules we set for ourselves within relationships.
- [8] A combination of being present and acceptance of the here and now.
- [10] An experience that can influence sleep patterns, hygiene, enjoyment of activities etc.
- [12] Things you do regularly to maintain your mental health.
- [14] Acknowledging things you appreciate to boost your mood.

Down

- [1] Hostile or violent behavior or attitudes towards another
- [3] symptoms, such as thoughts, feelings and behaviors, that indicate your mental health might be at risk.
- [4] Worry, nervousness or fear that can also lead to physical symptoms.
- [7] A strong feeling of annoyance, displeasure or hostility
- [9] A person, place, event or situation that causes unwanted emotional or behavioral response.
- [11] Belief that one's self has value.
- [13] _____ skills help you manage your problems or symptoms when they arise.