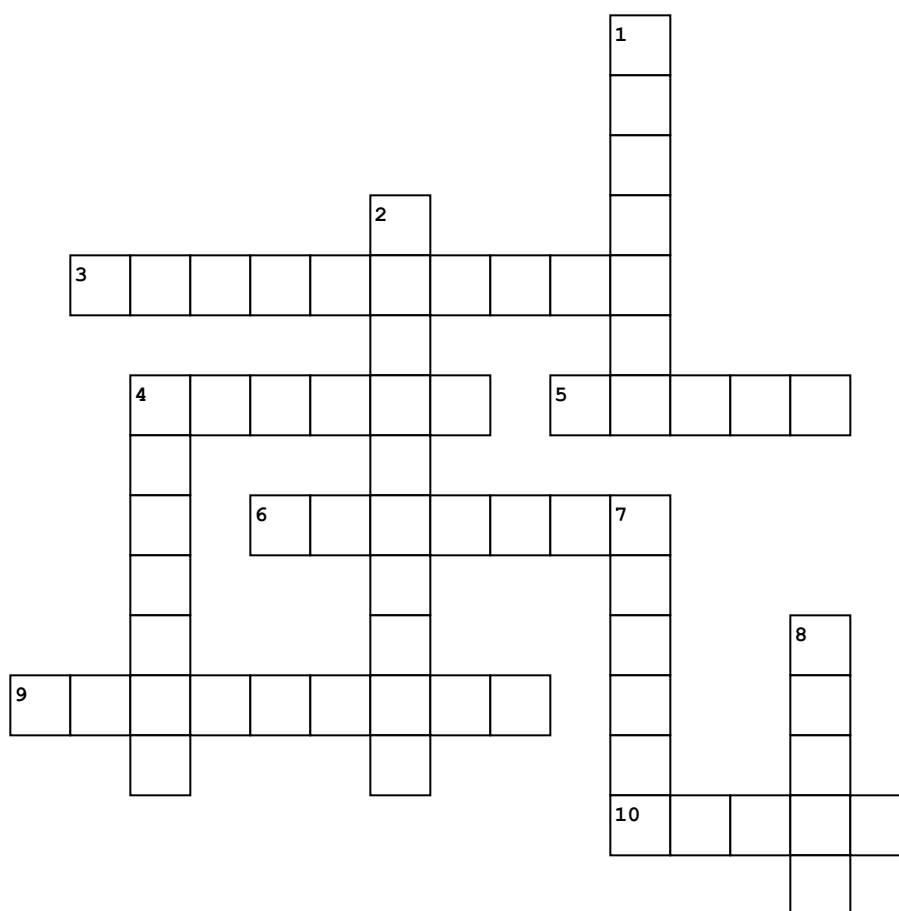


Mental Health



Across

3. A technique used to promote relaxation and clear the mind that often includes closing the eyes and repeating a mantra.
4. An _____ in your home that can help decrease loneliness and reduce stress.
5. It is important to get enough _____ at night to ensure your mind and body get the rest they need.
6. Taking slow, deep _____ reduces stress and increases relaxation.
9. Obtaining adequate _____ in the meals you eat is essential to maintaining good physical and mental health.
10. An expression or appearance of merriment or amusement that decreases stress hormones and strengthens the immune system.

Down

1. A book in which to record your personal experiences, thoughts, and feelings.
2. Time _____ is the ability to plan daily tasks to increase efficiency or productivity.
4. A feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome.
7. A state of mental or emotional strain or tension resulting from adverse or very demanding circumstances.
8. Setting short and long term _____ is important in order to plan and to achieve what you want.