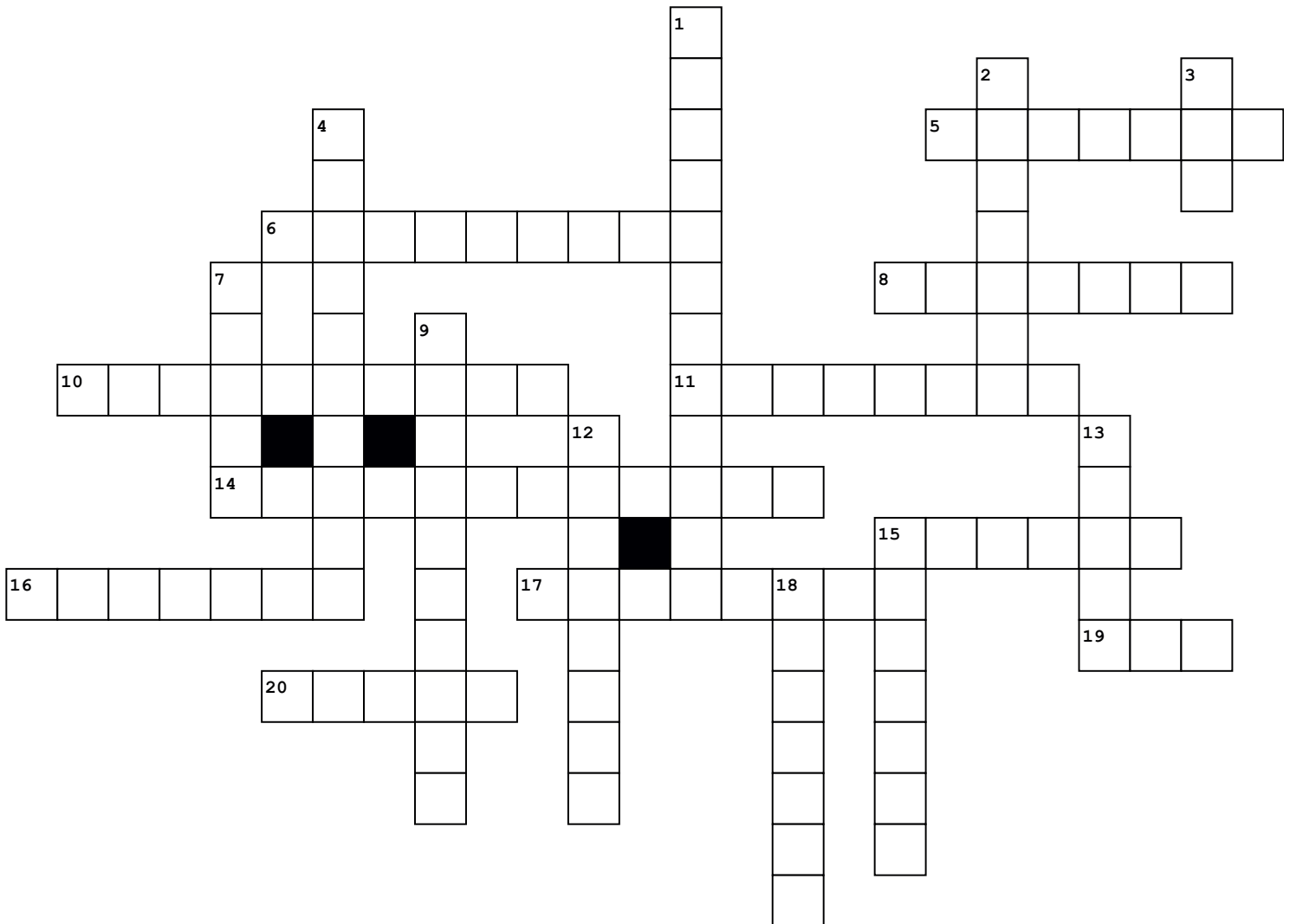


# Mental Health Coping Skills Crossword Puzzle



## Across

5. A book in which to record your personal experiences, thoughts, and feelings
6. Obtaining adequate \_\_\_\_\_ in the meals you eat is essential to maintaining good physical and mental health
8. People you like and enjoy being with who are a source of social support
10. Time \_\_\_\_\_ is the ability to plan daily tasks to increase efficiency or productivity
11. Any physical activity that enhances physical fitness and reduces stress, anxiety, and depression
14. A sense of connection to something bigger than ourselves
15. A financial plan used to decide the amount of money that can be spent and how it will be spent

## Down

1. Spending your time helping others in need by \_\_\_\_\_ can help decrease depression and increase self-worth
2. Activities that people enjoy doing that can help reduce stress and anxiety
3. Abbreviation for the free counseling program available to employees
4. Another name for psychotherapy
7. It is important to set short and long term \_\_\_\_\_ to plan and achieve what you want
9. A technique used to promote relaxation and clear the mind that often includes closing the eyes and repeating a mantra
12. A period of time spent away from home to relax, usually involving travelling

- 16. \_\_\_\_\_ a book can help to stimulate your mind and decrease stress
- 17. An expression or appearance of merriment or amusement that decreases stress hormones and strengthens the immune system
- 19. An animal in your home that can help decrease loneliness and reduce stress
- 20. Sounds that are sung by voices or played on musical instruments
- 13. It is important to get enough \_\_\_\_\_ at night to ensure your mind and body get the rest they need
- 15. Taking slow, deep \_\_\_\_\_ reduces stress and increases relaxation
- 18. A period of time used to calm oneself down when angry