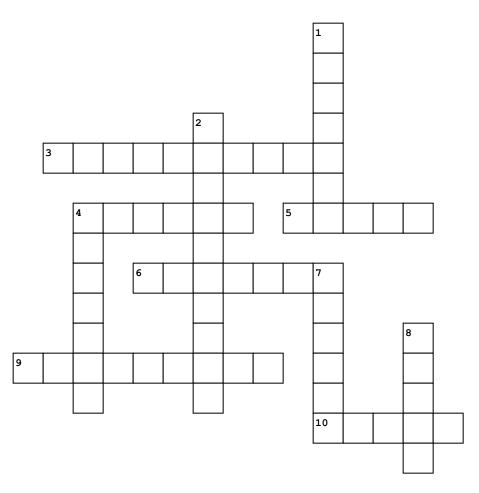
## **Mental Health**



## 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.