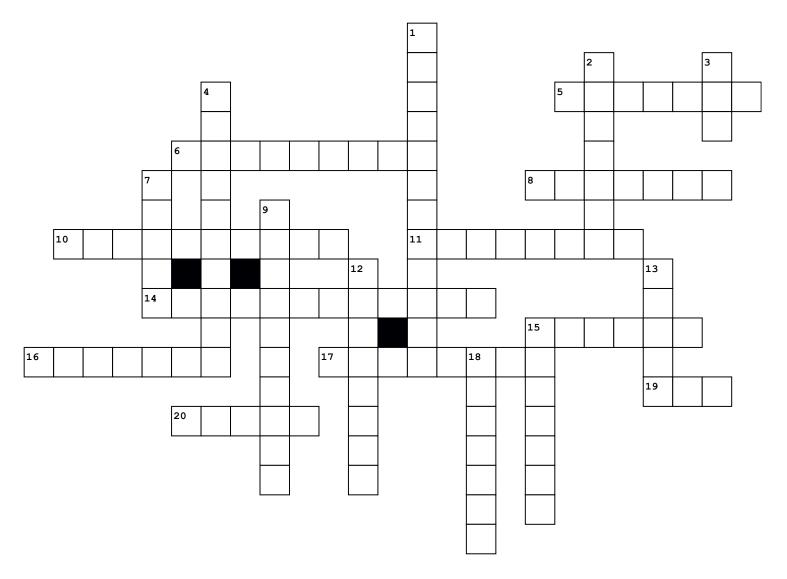
Mental Health Coping Skills Crossword Puzzle



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