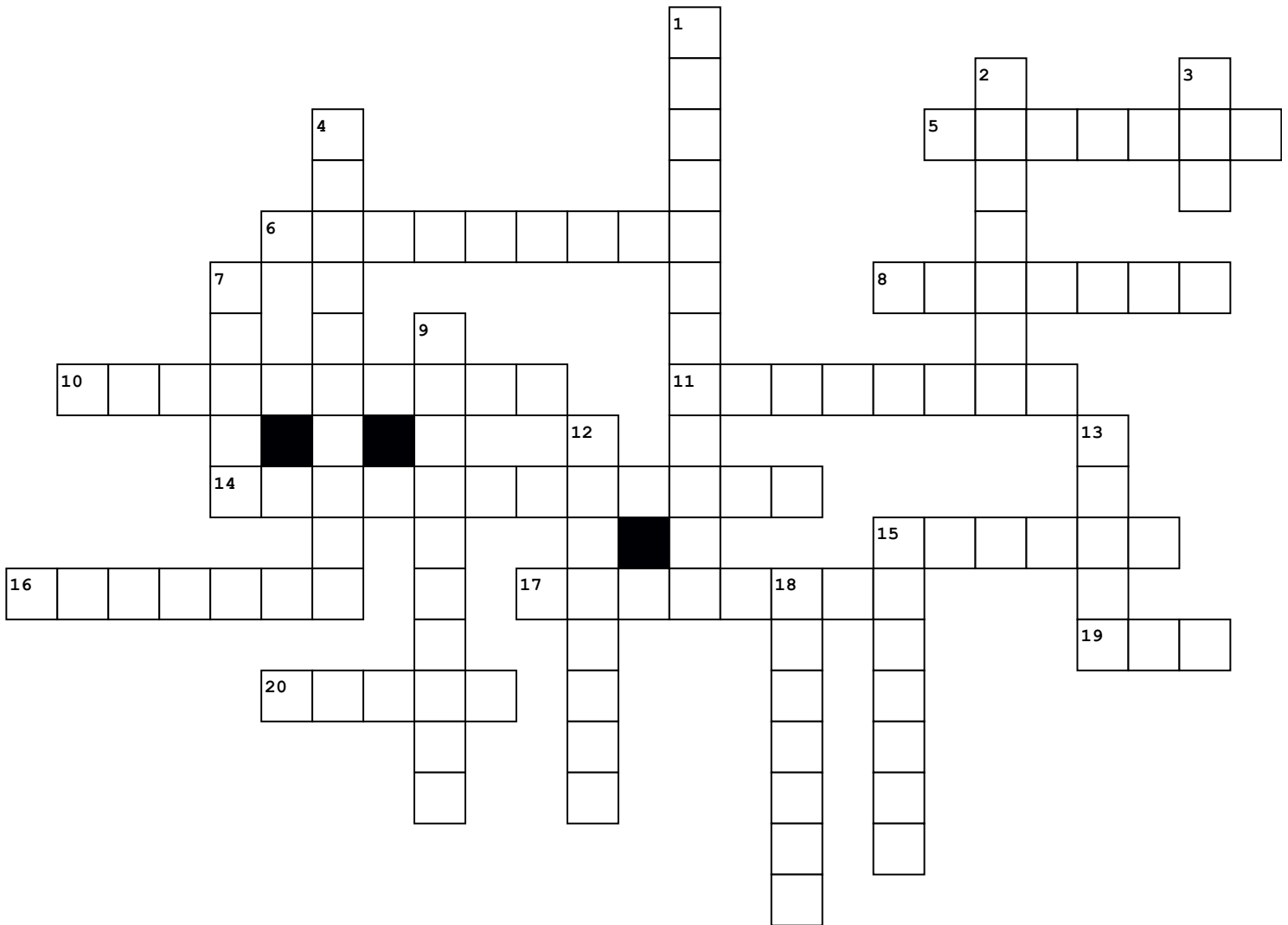


Mental Health Coping Skills Crossword Puzzle



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