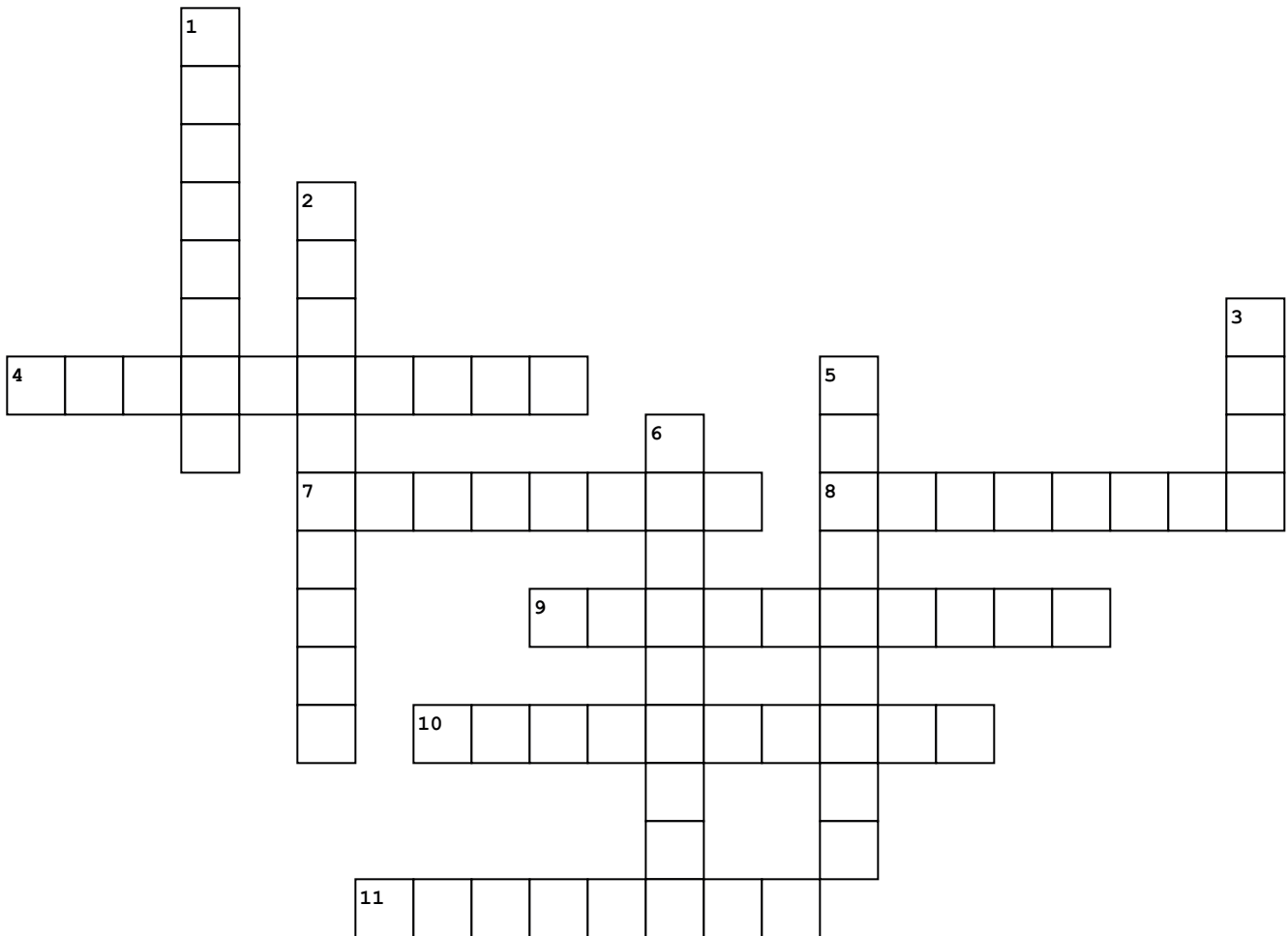


Puzzle Your Mind



Across

4. Writing down your thoughts and feelings in a notebook
7. Things you do regularly to maintain your mental health and physical health
8. A physical activity that helps boost mental health
9. Feeling excited and ready to take action to accomplish a goal or idea
10. A common relaxation method involving deep breathing and focus
11. When we replace “I” with “We”, illness becomes

Down

1. Limits or rules we set for ourselves within relationships
2. Bullying at work is called workplace -----
3. A positive or inspirational outlook for the future
5. A professional who helps people manage your mental health
6. Being thankful and appreciative