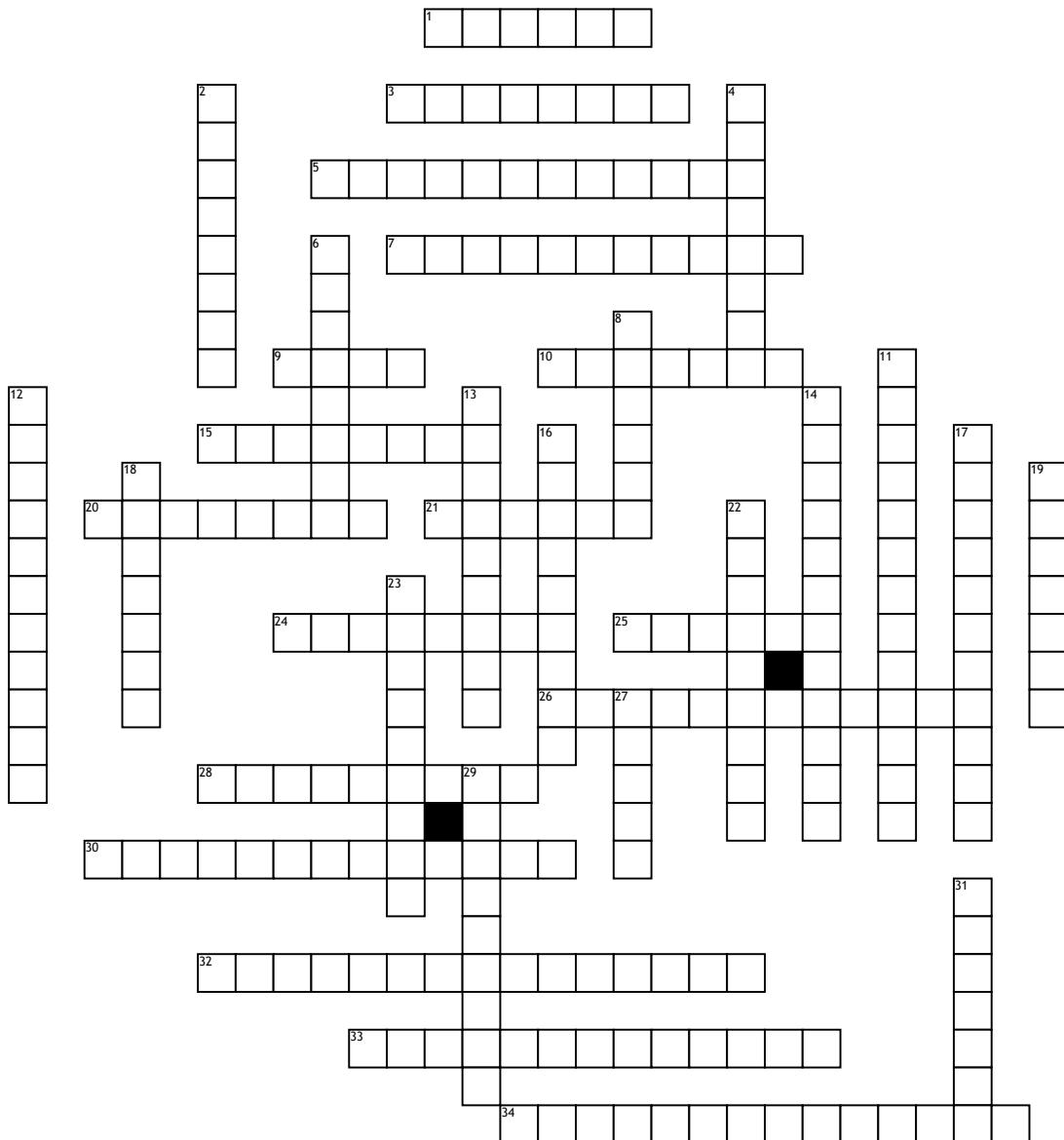


2nd Chance Review



Across

1. A person in the video described himself as this common horror movie creature when he was abusing Benzos
3. This type of hallucination involves hearing voices that are not there
5. This is the type of thinking or speech when the person is jumping from one topic to another
7. The tendency of a person to act without thinking things through
9. We often believe that we always have to stay away from them, but the fact is that there are good and bad _____.
10. This is a prescription medication that is often prescribed for pain
15. A delicious and healthy way to get all your fruits and veggies. Just mix it all in a blender!
20. This type of self-care will include exercise and regular doctors' visits
21. It can be hard to succeed if you don't have around your ____ support
24. This type of self-care focuses on you, learning who you are, setting goals and doing things that you enjoy

25. This type of fruits are full of Vitamin C
26. A person whose job is to tell us what are the healthiest foods to eat
28. This type of self-care focuses on self-love and self-compassion, taking care of our feelings
30. This symptom of ADHD is most common in boys
32. This is a prescription drug, that is often prescribed by psychiatric doctors
33. One of the most common diagnosis that is associated with psychotic symptoms
34. This involves seeing/ hearing something that is not there

Down

2. A strong false belief that is firmly held in our mind
4. Drugs like Klonopin give us a ____ effect, meaning that they slow us down.
6. Condition when the person believes that there is somebody out there to get you
8. This type of hallucination involves seeing things that are not there
11. This type of self-care refers to your mental health
12. A practice of being present in the moment
13. This is the neurotransmitter that is released when we eat such foods as bananas and nuts
14. This type of self-care on a self-care wheel encourages you to take regular lunch breaks at work and set boundaries with your coworkers
16. This type of drugs can cause permanent psychosis
17. This symptom of ADHD is most common in girls
18. We are so often lost in ____ and act on our emotions, which causes problems with impulse control
19. What is the psychological disorder that Benzos are most often prescribed for?
22. This type of self-care encourages you to look in to your inner self, meditate, pray or find a spiritual community
23. Condition that affects the mind, in which there has been a loss of a contact with reality
27. We should really practice doing this before acting on impulses.
29. All proteins are made out of ____ (2 words together)
31. These are the building blocks for our muscles