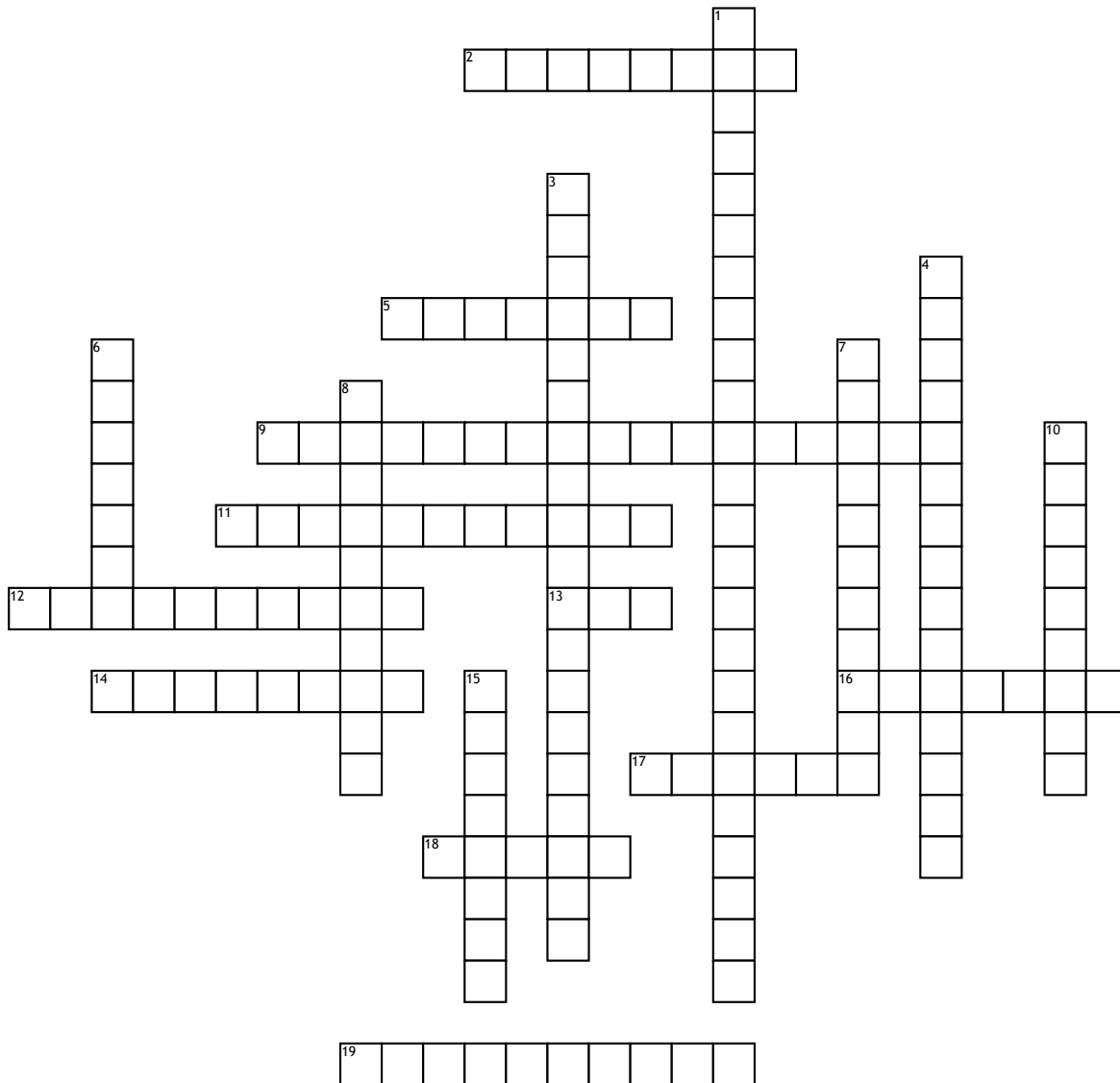


# Crisis Crossword



## Across

2. a belief that is firmly maintained despite evidence that it is not true

5. a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome

9. conditions or attributes (skills, strengths, resources, supports or coping strategies) in individuals, families, communities or the larger society that help people deal more effectively with stressful events and mitigate or eliminate risk

11. a technique in which one focuses one's full attention only on the present, experiencing thoughts, feelings, and sensations but not judging them

12. the branch of medicine concerned with the diagnosis and treatment of mental illness

13. an anxiety disorder in which people have unwanted and repeated thoughts, feelings, ideas, sensations (obsessions), or behaviors

14. a state of serious emotional and mental deterioration, of organic or functional origin

16. a mental health problem characterized by an alternation between extreme euphoria and deep depression

17. a set of negative and often unfair beliefs that a society or group have about something

18. mental illness marked by periods of great excitement, euphoria, delusions, and overactivity

19. a personalized, practical plan that can help you avoid dangerous situations and know the best way to react when you're in danger

## Down

1. a psychotherapeutic approach that attempts to move an individual away from a state of indecision or uncertainty and towards finding motivation to making positive decisions and accomplishing established goals.

3. Having a tendency to dwell on unwanted thoughts or perform certain repetitious rituals, especially as a defense against anxiety from unconscious conflicts

4. speech at an accelerated or frenetic pace that conveys urgency seemingly inappropriate to the situation. It is often difficult for listeners to interrupt, and the speech may be too rapid to understand

6. Ability to understand and share the feelings of another

7. extreme or irrational fear of crowded spaces or enclosed public places

8. a mental illness marked by an ongoing pattern of varying moods, self-image, and behavior. These symptoms often result in impulsive actions and problems in relationships. People with this personality disorder may experience intense episodes of anger, depression, and anxiety that can last from a few hours to days.

10. a sudden and disturbing memory of a past traumatic event

15. Feelings of pity and sorrow for someone else's misfortune