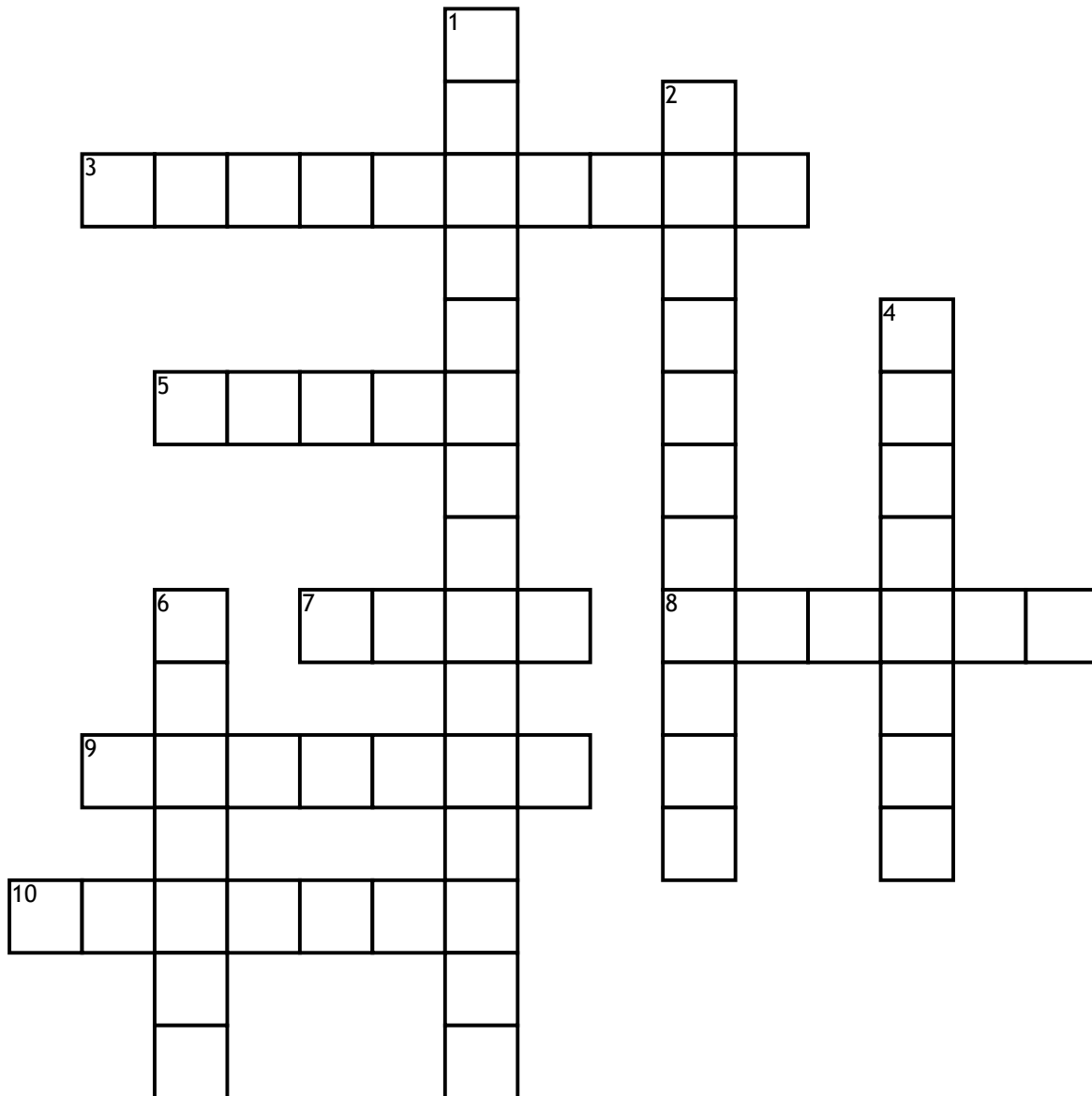


Name: _____

Date: _____

Friday Challenge



Across

- 3. Character responsible for self sabotage
- 5. The cognitive element of anxiety
- 7. Strong motivator for action
- 8. On-line course for stress and resilience
- 9. Equalising this tells the brain we are calming down

10. Can trigger emotions

Down

- 1. Part of the nervous system implicated in emotional regulation
- 2. Stores memories related to survival
- 4. Sounds the alarm when we detect threat
- 6. Illness implicated in long term stress