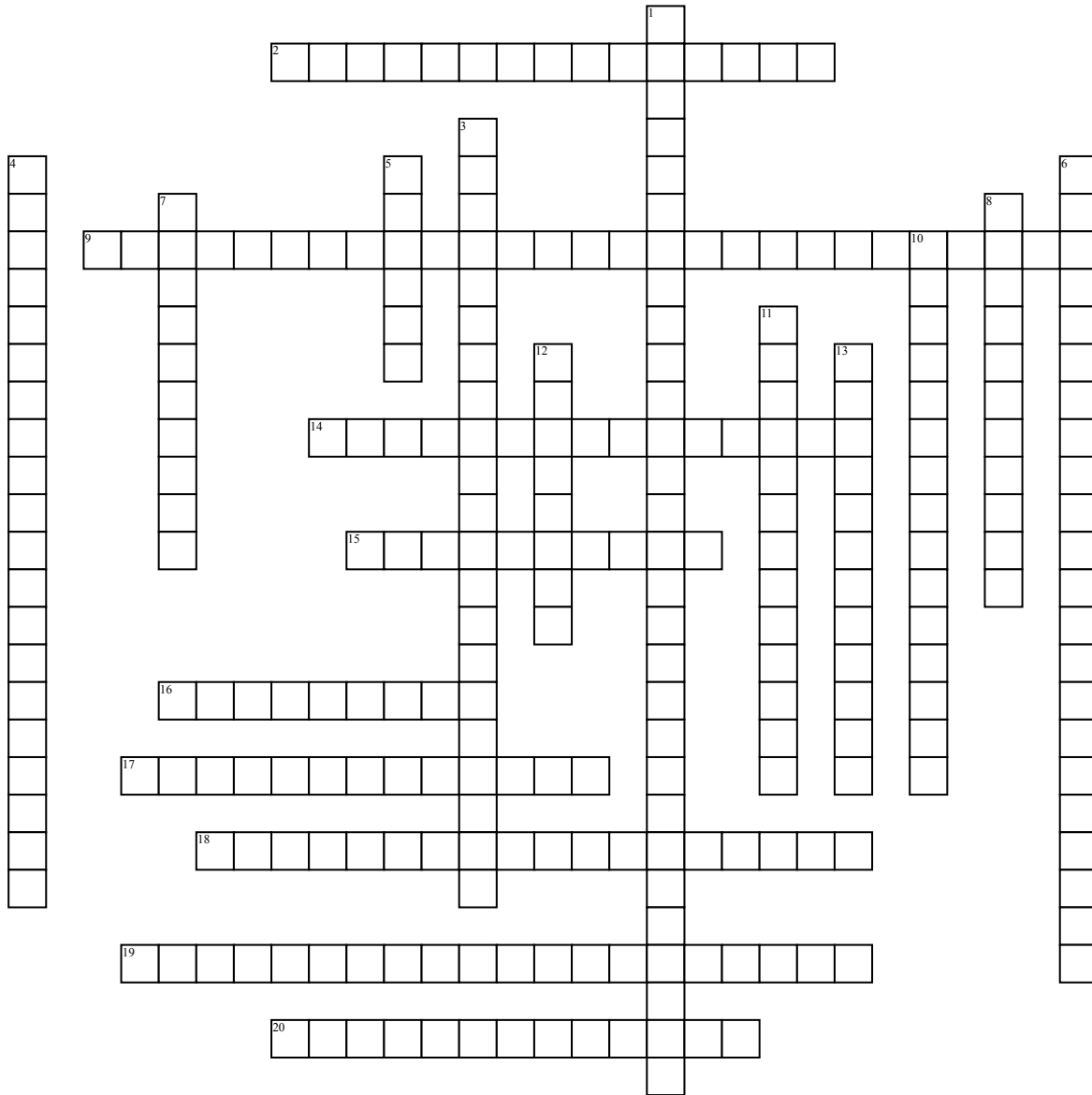


Health Crossword 2



Across

- 2. a mental illness characterized by intense periods of depression closely followed by extreme positive, or manic, feelings
- 9. the strategy of tensing and then relaxing each part of the body and breathing deeply to relieve stress
- 14. a mental illness characterized by intense and ongoing negative feelings such as hopelessness, sadness, or loneliness
- 15. the strategy of clearing negative thoughts from your mind and relaxing your body to relieve stress
- 16. people who lose a loved one to suicide
- 17. the strategy of imagining a pleasant environment when faced with stress
- 18. the use of spoken or written words to send messages

- 19. the process by which ideas, thoughts, feelings, and information are exchanged
- 20. a medical condition in which a person experiences mental or emotional problems severe or persistent enough to interfere with daily functioning

Down

- 1. a mental illness characterized by a person showing extreme instability in his or her self-concept and relationships
- 3. a hereditary vulnerability to various diseases and illness
- 4. damage caused by a severe blow or jolt to the head, which may alter mental functioning
- 5. a small group of friends who intentionally turn away people who may want to interact with or befriend them

- 6. the use of body language, tone, volume, and other methods to send messages
- 7. a brain injury resulting from a severe blow to the head, characterized by nausea, confusion, weakness, memory loss, and unconsciousness
- 8. the part of the brain involved in the formation and storage of memory
- 10. a mental illness characterized by extreme or unrealistic worries about daily events, experiences, or objects
- 11. a mental illness characterized by delusions, hallucinations, and irregular thought patterns
- 12. a response that signals a message has been received and understood
- 13. episodes of intense fear that are often accomplished by serious physical symptoms