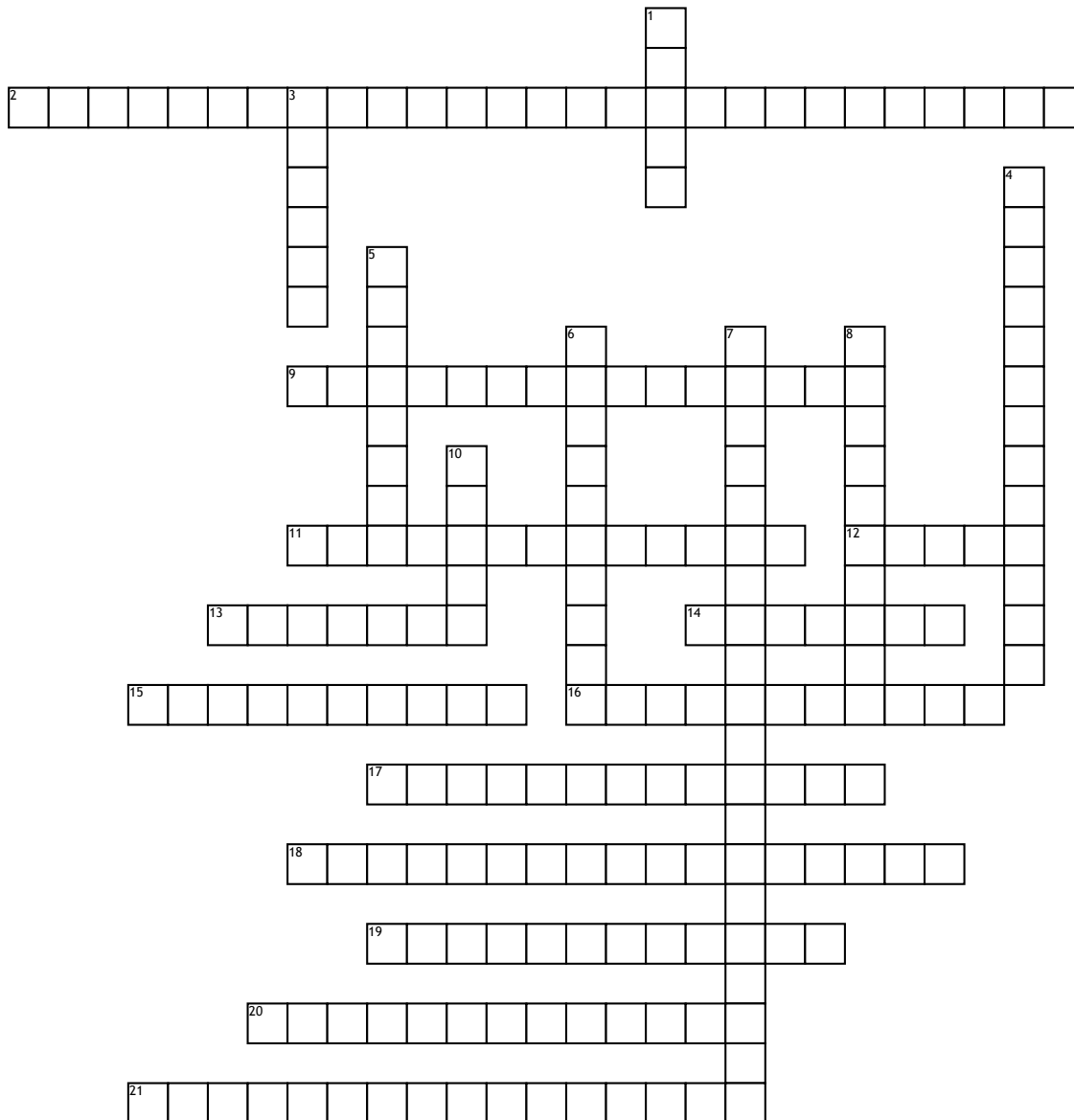


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Improve Mental Health



## Across

2. A relaxation technique in which a person consciously tenses and relaxes their muscles one-by-one.

9. Becoming too invested in any one facet of life, such as a career, can be detrimental to relationships and mental health.

11. A relaxation technique in which the individual takes slow deep breaths, using abdominal muscles, to help them relax.

12. Disturbances in this may indicate mental illness.

13. A technique in which the individual imagines relaxing scene or scenario in vivid detail.

14. Provides an escape from stressful or triggering situations, and provides a great source of exercise which has been shown to reduce symptoms of mental illness.

15. Can provide similar benefits to talking about emotions. Provides an outlet and a source of reflection.

16. Feelings of anxiety that are either very tense, or nearly constant.

17. Healthy diets have been linked to improved mental health.

18. Inability to focus on important tasks such as work or school.

19. Can help reduce mental illnesses complicated by addiction.

20. Following this, such as taking medications as prescribed, can improve treatment outcomes.

21. Working towards goals, developing skills, or bulding expertise in an area has been linked with positive mental health.

## Down

1. Deficiencies in this area can decrease a person's ability to concentrate and properly manage their emotions.

3. Can be a signal of anxiety, and it can contribute to difficulty managing other emotions.

4. Strengthening this has been closely linked with positive mental health.

5. Has been shown to reduce symptoms of mental illness.

6. The practice of consciously focusing on one's thoughts and feelings without judgement.

7. Talking about emotions can help to manage their intensity.

8. A prolonged period of intense sadness, which plays a role in various mental illnesses.

10. Can provide a distraction from painful emotions.