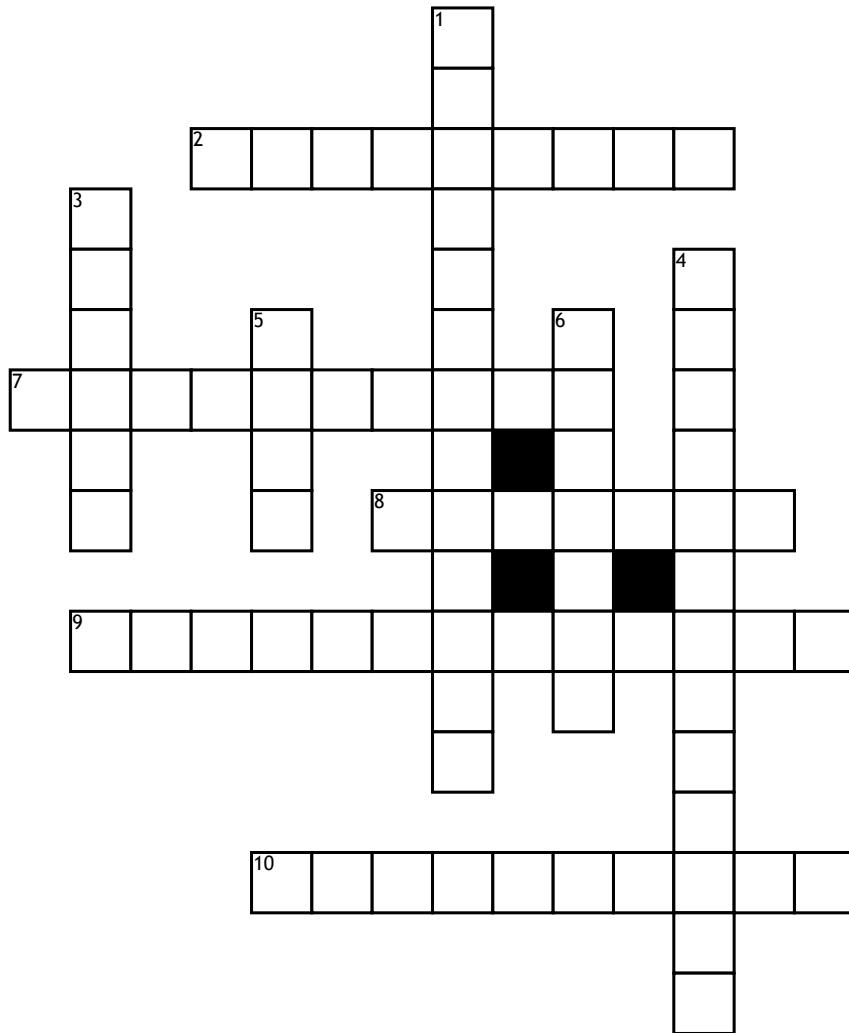


Mental Health Barriers and how to overcome them.



Across

2. Surrounding yourself with these types of people will decrease your stress level.
7. causes feelings of sadness and/or a loss of interest in activities once enjoyed
8. Overtired, low energy, strong desire to sleep, interferes with daily activity
9. Breathe in through the nose and out through the mouth.
10. encouraging or noting an unhealthy or unbalanced outlook toward something.

Down

1. to promote relaxation using images.
3. Causes the release of cortisol from the adrenal glands.
4. a process by which information is exchanged between individuals through a common system of symbols, signs, or behavior
5. Sense of being a part of a group, reliable support system, educators
6. increasing levels can lead to a decreasing ability to function. 4 levels: mild, moderate, severe, panic

Word Bank

Depression	Anxiety
Stress	Postitive
Guided Imagery	Deep breathing

Negativity	Fatigue
Communication	Team