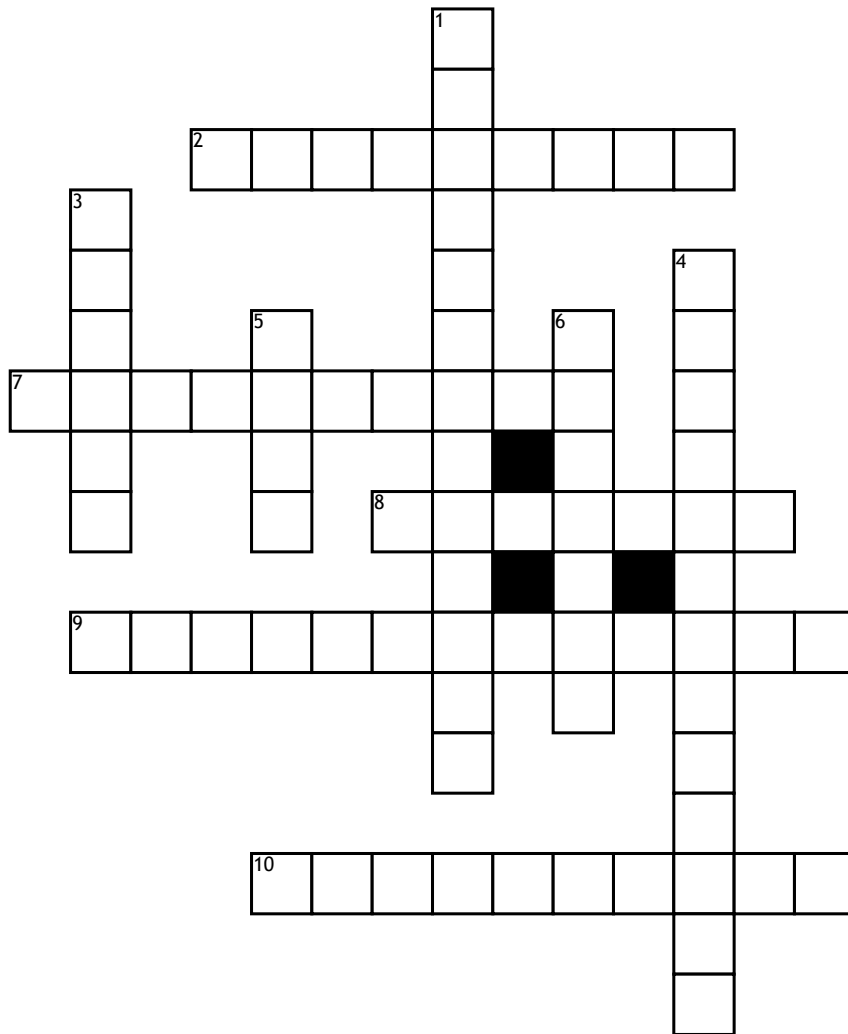


Name: _____ Date: _____

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

Negativity

Fatigue

Stress

Postitive

Communication

Team

Guided Imagery

Deep breathing