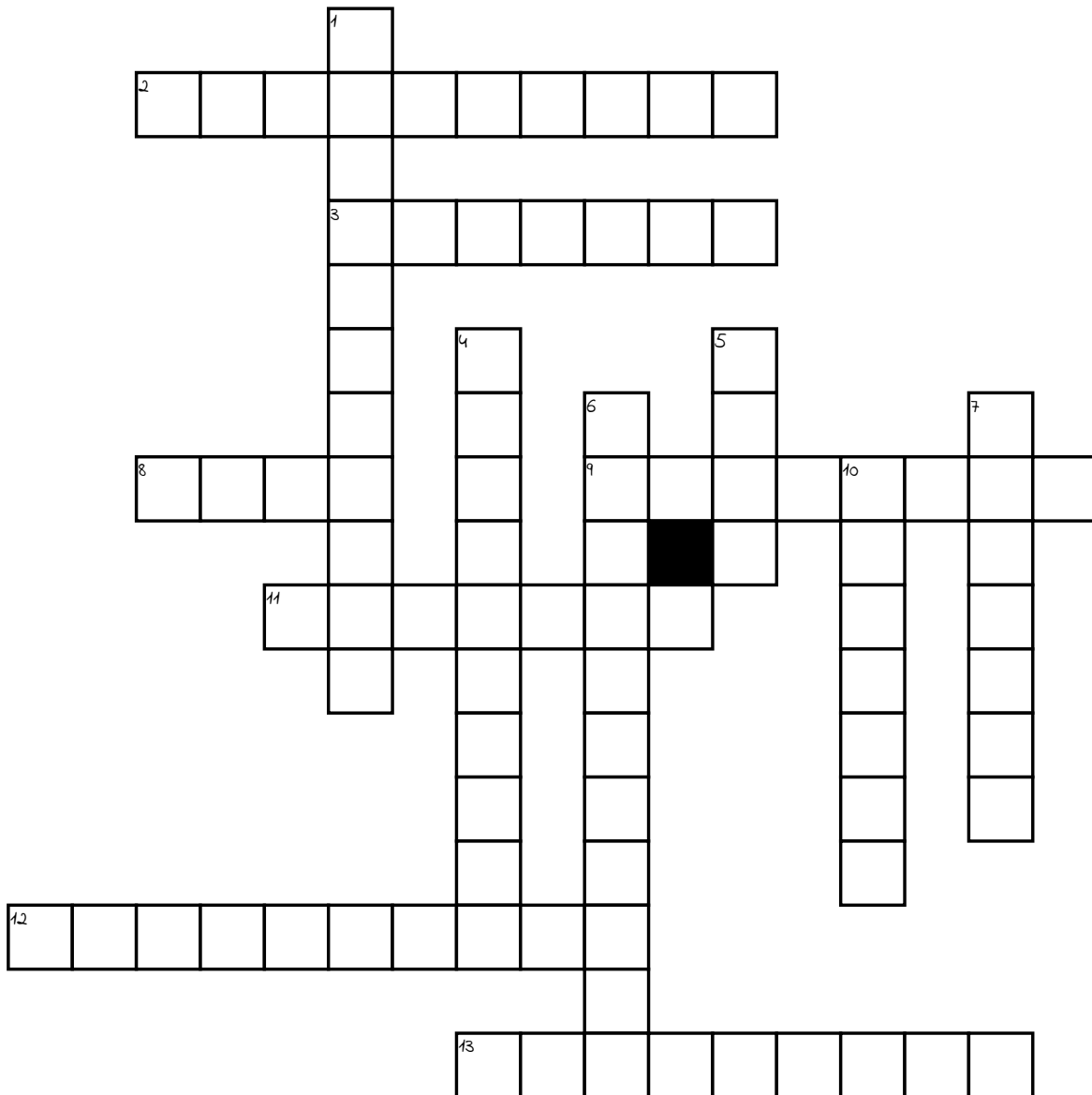


# Mental Health and Social Media



## Across

- 2.** A form of treatment we may have for conditions such as depression or anxiety
- 3.** Something we may have, if we need to recover from a mental health problem
- 8.** This is an acronym for a popular form of workout (think Joe Wicks!). There are intense bursts of exercise and then breaks
- 9.** When feeling low in mood or anxious, you may feel ----- from others

**11.** These are people who can help you, when you have poor mental health!

**12.** We may not always think we have this, because of how we think we look

**13.** A popular social media app, where we can post photos and see celebrities post too

## Down

**1.** (2 words) A topic sometimes promoted on social media, though it can be dangerous to our bodies

**4.** A mental health condition that many can experience, leaving them feeling constantly in a low mood

**5.** Our ----- depends on what we see and think during the day

**6.** This is something we can do, to feel positive and have a good mentality

**7.** We need to be ----- to survive!

**10.** We may feel ----- if we worry about our appearance