

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

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

# Mental Health

## Across

2. Having a tendency to dwell on unwanted thoughts or perform certain repetitious rituals, especially as a defense against anxiety from unconscious conflicts

4. a technique in which one focuses one's full attention only on the present, experiencing thoughts, feelings, and sensations but not judging them

6. to give advice to; advise

8. a mental health problem characterized by an alternation between

11. a state of serious emotional and mental deterioration, of organic or functional origin

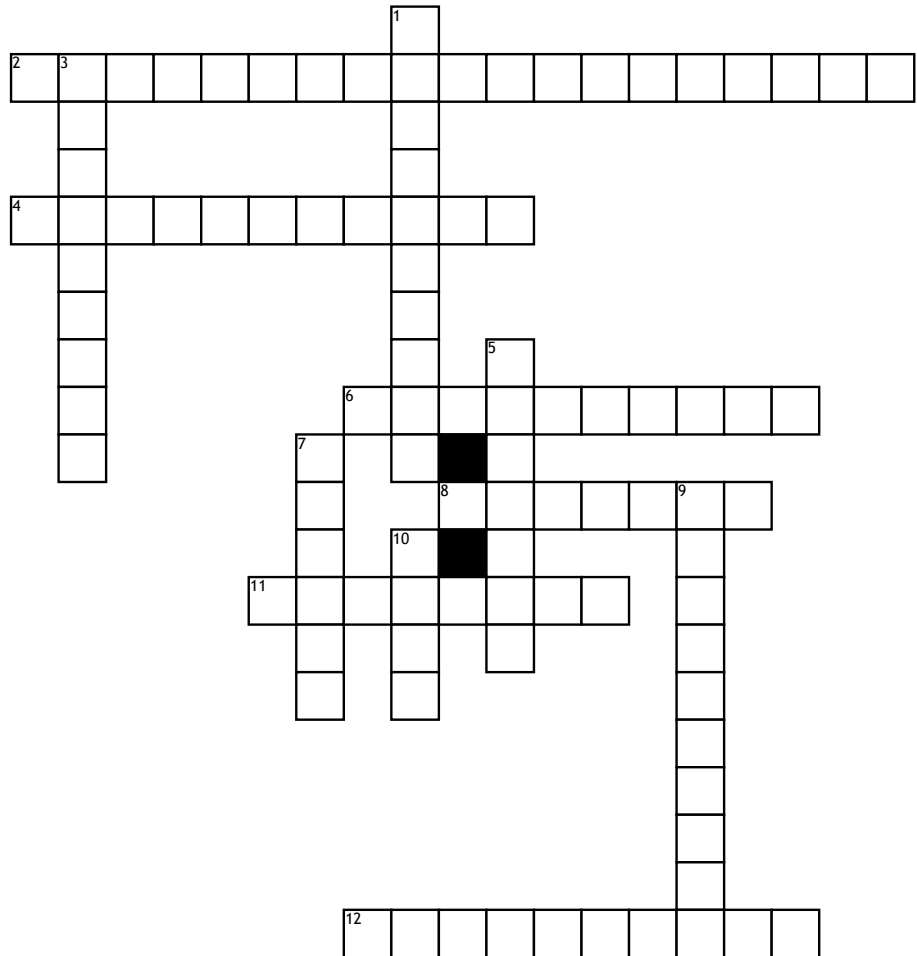
12. the branch of medicine concerned with the diagnosis and treatment of mental illness

## Down

1. sadness, gloom, dejection

3. of or relating to the treatment of obesity

5. a state of apprehension and psychic tension occurring in some forms of mental disorder



7. a specific response by the body to a stimulus, as fear or pain, that disturbs or interferes with the normal psychological equilibrium of an organism

9. growing to manhood or womanhood; youthful

10. to make easier or less difficult; contribute to; facilitate

