

# Mind/Body connection

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| 1. People with good ___ are aware of their thoughts, feelings, and behaviors                 | A. Death of a loved one         |
| 2. Something that can disrupt emotional health   | B. Overeating, drugs/alcohol    |
| 3. Another thing that could disrupt emotional health   | C. Obsess                       |
| 4. Who could you vent to/discuss you're feelings with outside of family and friends?         | D. Doctor, counselor, etc       |
| 5. Try not to ___ about the problems at work, school, or home that lead to negative feelings | E. Meditation, music, yoga, etc |
| 6. Deal with negative feelings, however focus on the ___ in your life too                    | F. Getting a job promotion      |
| 7. What type of therapy may a doctor utilize to help you develop resilience                  | G. Cognitive behavioral         |
| 8. Calm your body using  | H. Immune system                |
| 9. In taking care of yourself avoid  | I. Emotional Health             |
| 10. Poor emotional health can weaken your body's   | J. Positive things              |