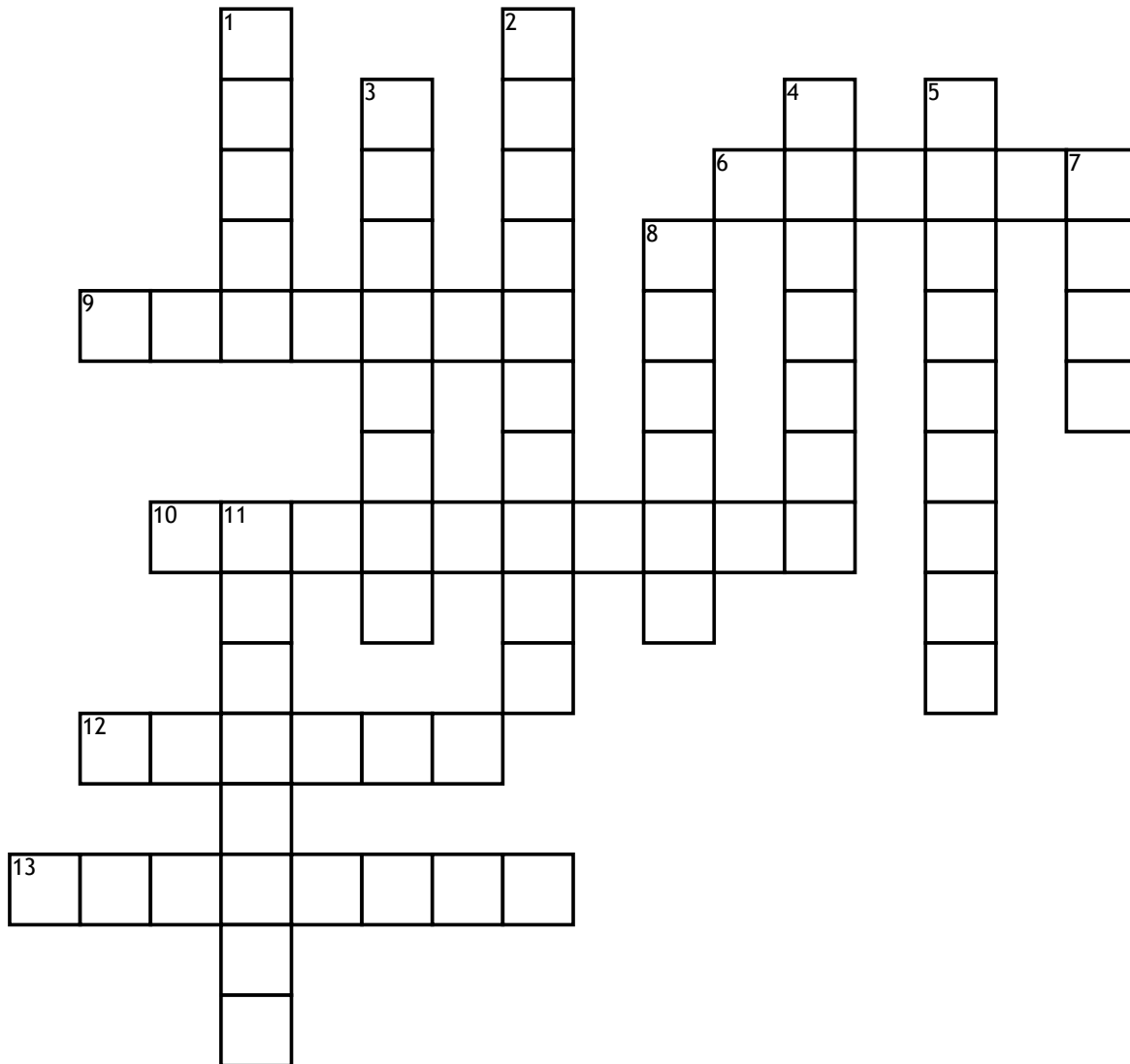


Wellness and Mental Health Awareness



Across

6. Prevention, PPE and Education are ways to encourage and promote this

9. A network of people who provide an individual with practical or emotional

10. Recognizing the signs of stress and taking time for yourself helps build this

12. A state of mental or emotional strain

13. Having a positive one of these can contribute to success and happiness

Down

1. A good night's _____ helps improve concentration and contributes to overall wellness

2. Something you can practice to relax your mind

3. Sleep shortage which could lead to health problems

4. Work, Life, _____

5. Emotional, Intellectual, Physical and Social _____

7. A form of exercise that includes breath control, simple meditation and body postures

8. Emotional awareness, Self-Soothing and Distraction are forms of this mechanism

11. A healthy diet and _____ contribute to your overall wellness