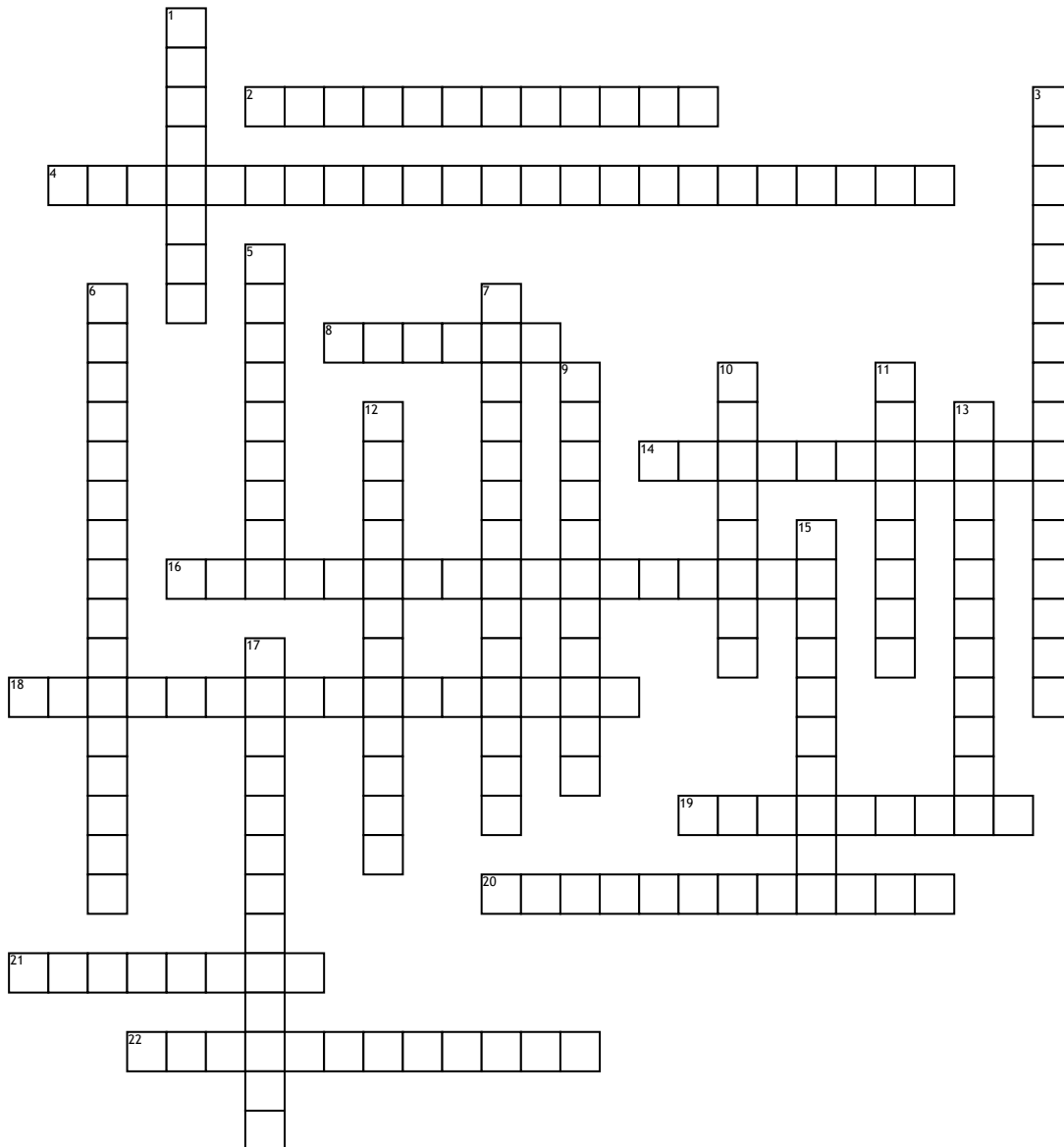


# Brain Power



## Across

2. deep belly breathing and focussed attention
4. developing fundamental life skills needed to attain and maintain healthy relationships.
8. nerve cell. Specialized for excitability and conductivity.
14. structure that compares new learning to old learning.
16. set of processes that all have to do with managing oneself and skills involving mental control and self-regulation.
18. responsible for executive functions such as; planing, decision making, moderating correct social behaviour, etc.
19. Made up of the; midbrain, pons, and medulla oblongata

20. involved in our behavioural and emotional responses, especially when it comes to behaviours we need for survival: feeding, reproduction and caring for our young, and fight or flight responses.
21. Encodes emotional messages for long term storage in the brain
22. small gland located on top of the kidney. The adrenal glands produce hormones that help control heart rate, blood pressure, the way the body uses food, the levels of minerals such as sodium and potassium in the blood, and other functions particularly involved in stress reactions.

## Down

1. stress hormone
3. chemical that transmits signals and messages between nerve cells.

5. most common excitatory NT in the brain
6. focussed awareness; purposeful, nonjudgemental attentiveness.
7. key hormone in fight or flight response
9. awareness of present moment
10. produces feelings of pleasure
11. receives and integrates all incoming sensory information.
12. regulates body functions in response to internal and external stimuli.
13. secreted by adrenal glands
15. similar to opiates and reduces feelings of pain, and creates euphoric good feelings.
17. lack of awareness; uncontrolled actions, emotions, and thoughts.