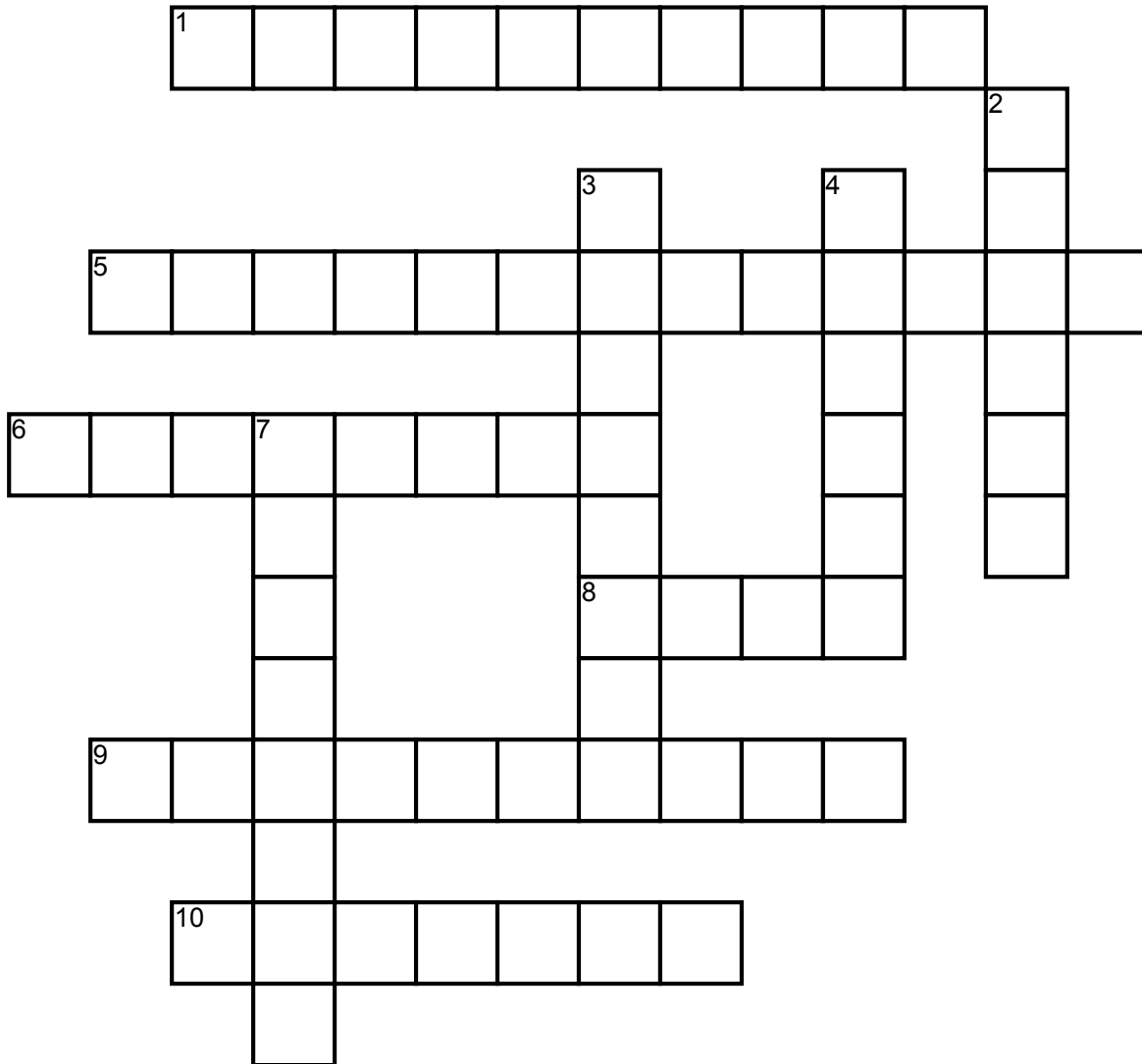


# Challenging Situations



## **Across**

1. What is the stage 3 of the grief process
5. Continuous feeling of sadness is a \_\_\_\_\_ symptom of depression
6. Crisis is caused by the \_\_\_\_\_ to an event.
8. Healthy diet - you feel stronger and better to \_\_\_\_\_
9. If you are feeling sad and unhappy all the time you should speak to a Doctor or \_\_\_\_\_

10. Exercise helps to \_\_\_\_\_ negative energy.

## **Down**

2. Results from an event that is emotionally painful.
3. Loss of appetite or weight is a physiological symptom of \_\_\_\_\_ depression.
4. Failing an exam or not meeting your expectations can be classed as "\_\_\_\_\_ deaths."
7. After a traumatic experience, you feel \_\_\_\_\_.