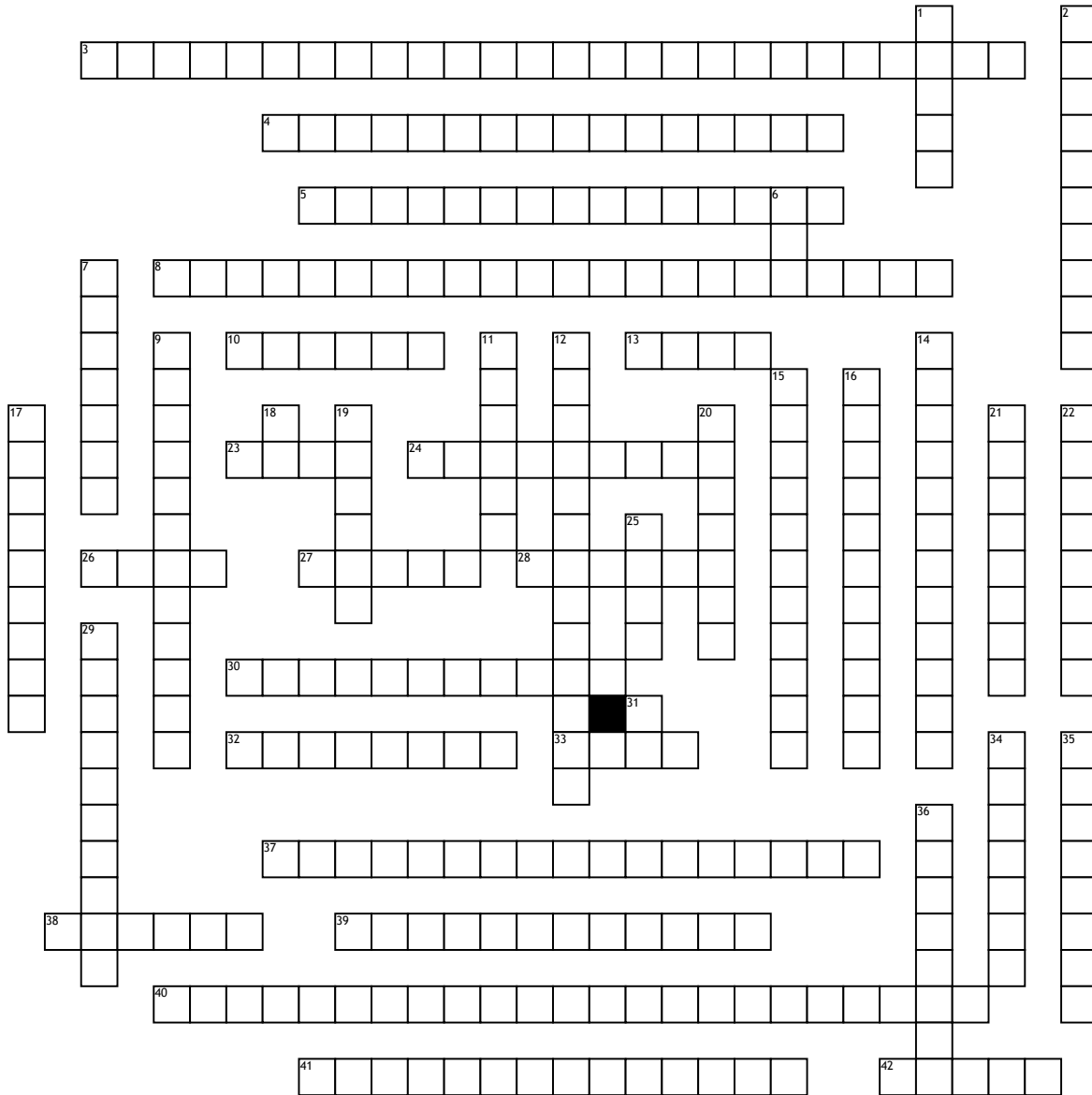


Healthy Coping



Across

- 3. DBT stands for _____.
- 4. A common symptom of depression.
- 5. Another word for thoughts
- 8. HALT is a memory device to help me to remember that being _____ and _____ make me more vulnerable to having negative (unwanted/uncomfortable) emotions.
- 10. If I spend time worrying about things I can't control, I might be in the _____.
- 13. A balanced, calm, effective state of mind is called _____ Mind.
- 23. If I ask someone if they are suicidal, I'll put the idea into his/her mind. This is a _____.
- 24. Feelings are a _____ of important information. Pay attention to what your body is telling you.
- 26. If I spend time thinking about things that I cannot change, I might be in the _____.
- 27. One of the body's 3 natural reactions to anxiety
- 28. The third of the body's 3 natural reactions to anxiety
- 30. The National Suicide Prevention Lifeline number
- 32. Another word for feelings
- 33. Having _____ coping options makes it easier to successfully cope through a stressful situation.
- 37. To change my feelings, I could change one of 2 things: my _____ OR my _____.
- 38. Another of the body's 3 natural reactions to anxiety

- 39. A _____ does talk therapy to help me solve life's problems.
 - 40. "When you _____, I feel _____ because _____." This is an example of an _____. It is an effective _____ tool.
 - 41. A symptom that is common in anxiety and bipolar disorder
 - 42. TATU stands for teeth apart, tongue up. This is a strategy to help me _____ my facial muscles.
- Down**
- 1. If I have thoughts about wanting to die, my doctor will hospitalize me. (true or false)
 - 2. If I think there are only 2 options for any situation, I may be using _____ OR _____ thinking.
 - 6. Other people (including their opinions, feelings and actions) are _____ in my control.
 - 7. When I make impulsive decisions, I'm in what DBT State of Mind.
 - 9. DBT is a fancy phrase to describe therapy that teaches _____.
 - 11. A common symptom of anxiety.
 - 12. A symptom that is common in depression and mania
 - 14. A _____ prescribes medications for my mental health.
 - 15. One of the most effective approaches to treating depression involves a combination of both counseling and _____.

- 16. In a crisis, I can text _____ (word) to _____ (number) for help.
- 17. Collaborative Assessment and Management of Suicide (CAMS) is an _____ treatment for suicide.
- 18. My #10, #34, and #35 Across are _____ responsibility.
- 19. People with anxiety often think a lot about situations, asking _____ questions.
- 20. When I am in the _____, I can make decisions that will give me the best chance at the future I want.
- 21. A common symptom of depression.
- 22. A common symptom of anxiety.
- 25. What a person thinking about suicide needs
- 29. When I am logical, factual, analytical in my decision-making, I'm in _____ Mind.
- 31. Things inside my hula hoop are _____ my control.
- 34. Another word for behaviors
- 35. People get hospitalized when they are an _____ danger to themselves or others.
- 36. A person who dies by suicide may have been in too much _____ and without enough _____ to want to live.