

# Healthy Relationships

1. Mental Illness does not make you
  2. It is extremely important to monitor
  3. Healthy communication means you and your partner/friend are comfortable speaking
  4. None of us are
  5. Independence and doing your own thing can help you avoid
  6. Have a
  7. Know yourself
  8. Depression and anxiety are \_\_\_\_ common in society
  9. Mental Illness is a brain chemical \_\_\_\_
  10. Taking a walk is a
  11. Taking deep breaths is a
  12. Treatment can include
  13. Is a mark of disgrace that sets a person apart from others
  14. Please do not repeat the \_\_ thing someone said if you are not listening
- A. Last
  - B. Know your worth
  - C. Stigma
  - D. Extremely
  - E. Imbalance
  - F. Support Plan
  - G. Freely, honestly, and openly
  - H. Undate-able
  - I. Coping skill
  - J. Negative self-talk
  - K. Self-care skill
  - L. Mind readers
  - M. Unnecessary stress
  - N. Meds, therapy, and groups