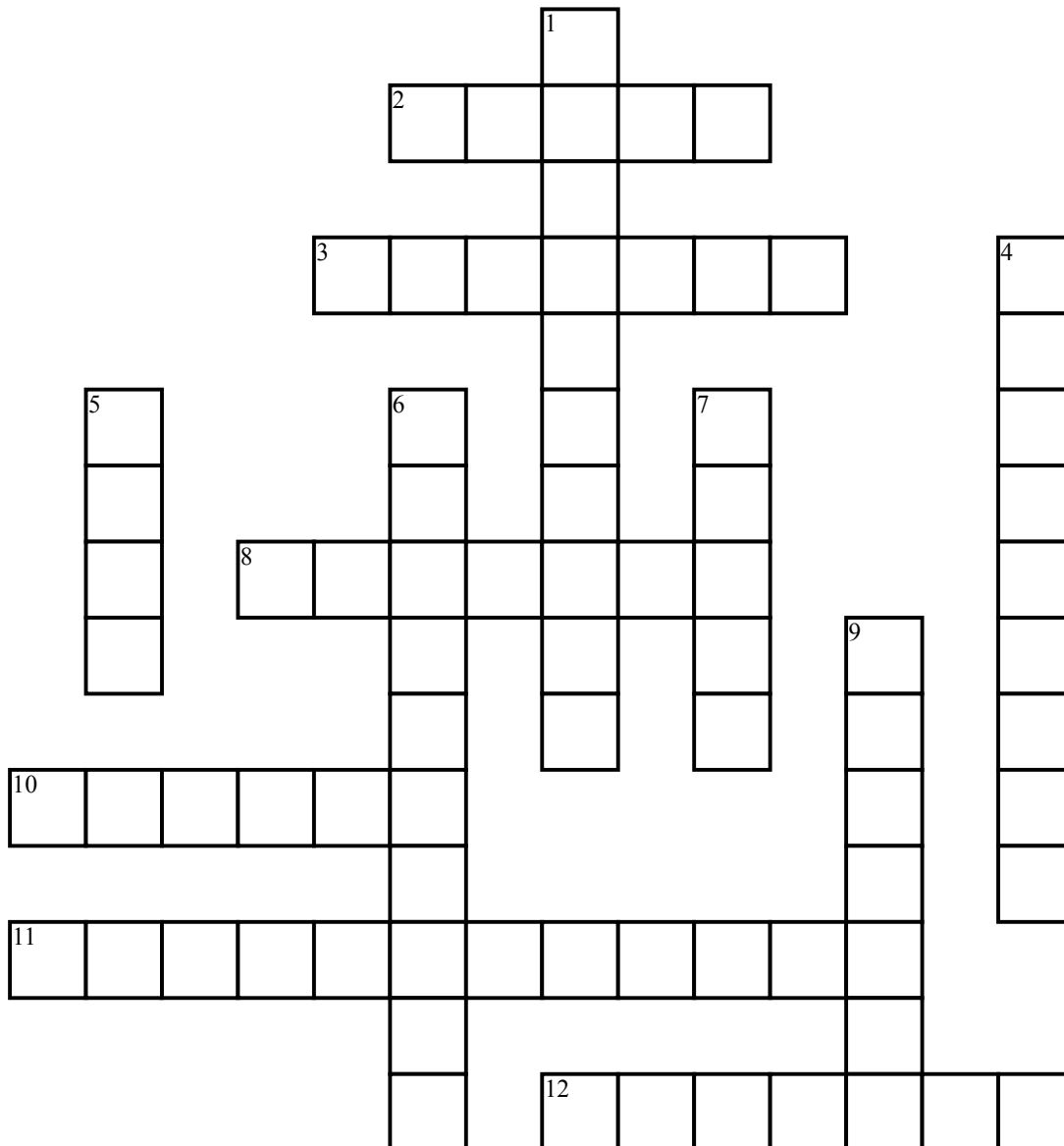


# Just Think and Chill



## Across

2. When warning signs are observed you can take a what?

3. thinking before acting helps with making good

8. exercising, drawing, listening to music, taking a walk are all examples of what?

10. You will loose these if you refuse to participate in group

11. something used in the classroom to mangle noise level

12. constant worry or fear, nervousness anticipating the worse instead of positive outcomes

## Down

1. WW.

\_\_\_\_\_ will help manage your symptoms

4. being distant from family and friends and being avoidant

5. a form of exercise to improve flexibility and manage stress

6. Symptoms of sadness, hopelessness, irritability, lack of sleep or too much sleep, lack of motivation, change in appetite

7. aggression comes from.....

9. A way to let your brain no your safe