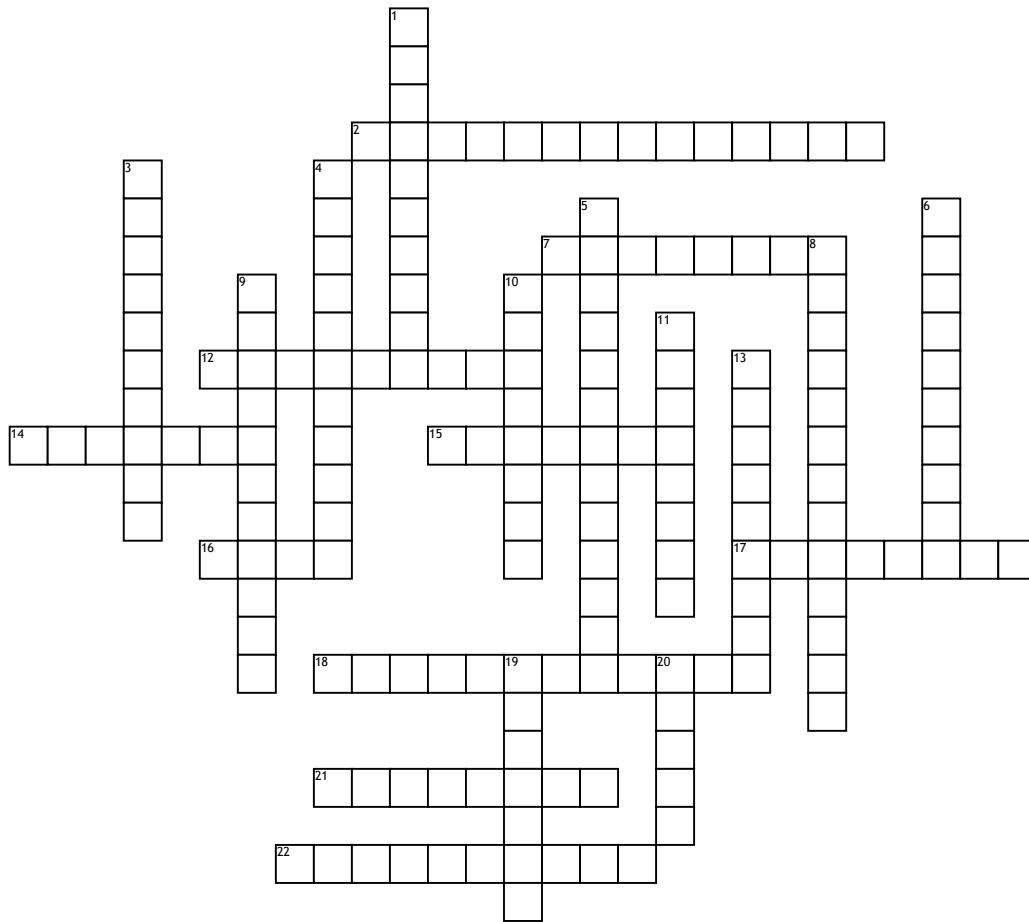


Name: _____

Date: _____

Mental Health



Across

- 2. The process or act of finding a solution to a problem
- 7. A personal reaction
- 12. A professional who helps adults or children to understand feelings and solve problems
- 14. Bouts of extreme overeating followed by depression and self induced vomiting
- 15. A feeling of deep admiration for someone
- 16. How a person handles a problem
- 17. A plan of action or policy designed to achieve a major or an overall aim

18. What your body is saying to others without words

21. How a person acts

22. Confidence in ones own worth or abilities: self respect

Down

1. Ready or likely to attack or confront

3. A condition of very strong feelings of sadness, anger and/or hopelessness for a long time

4. To share information by speaking, writing, or through body language

5. A Strategy used to calm down

6. Believing in your own abilities

8. mental disorder that makes it difficult to tell the difference between real and unreal experiences

9. An extreme or irrational fear of entering open or crowded places

10. Something that causes a state of strain or tension

11. Strong feelings

13. Acting or speaking without thinking

19. Walking back and forth

20. A strong feeling of annoyance, displeasure or hostility

Word Bank

Counselor

Body language

Agoraphobia

Feelings

Depression

Schizophrenia

Impulsive

Aggressive

Problem solving

Communicate

Strategy

Emotions

Anger

Self Esteem

Deep Breathing

Cope

Respect

Bulimia

Stressor

Behavior

Anxiety

Confidence