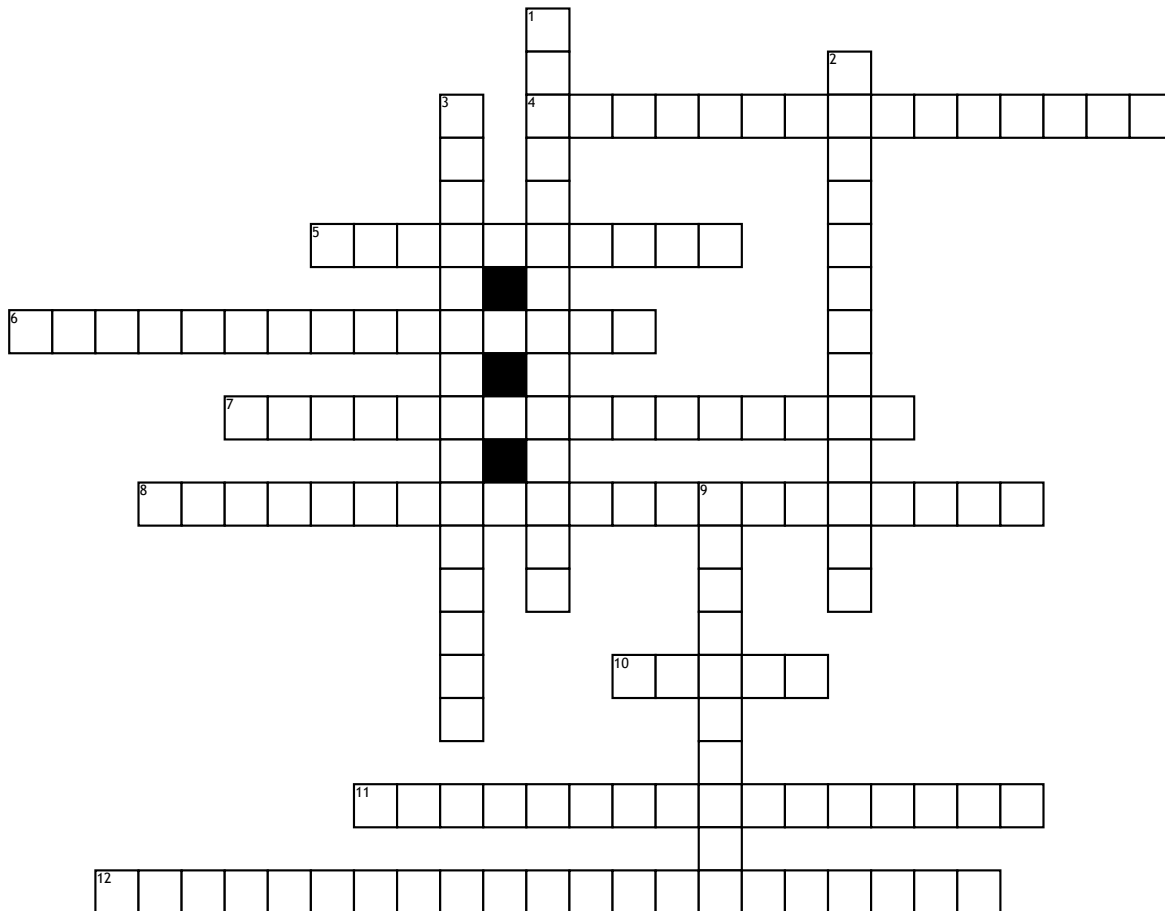


# Mental Health



## Across

4. practice an event without doing anything in the event
5. the goal of this technique is to give your mind and body at rest
6. body adapts to the continued presence of the stressor
7. the world in general that are characterized by negative perceptions, expectations, and attributions

8. happiness is one of the primary emotions that are expressed

10. allows you to deal quickly with a stressor

11. by doing this activity you provide your body with a healthy outlet for built up energy

12. Tells your brain to either fight or run

## Down

1. the ability to use one's time effectively or productively especially at work

2. you need to find a way to relieve the tension

3. your body can no longer keep up with the demands placed on it

9. during this stage your body releases a substance