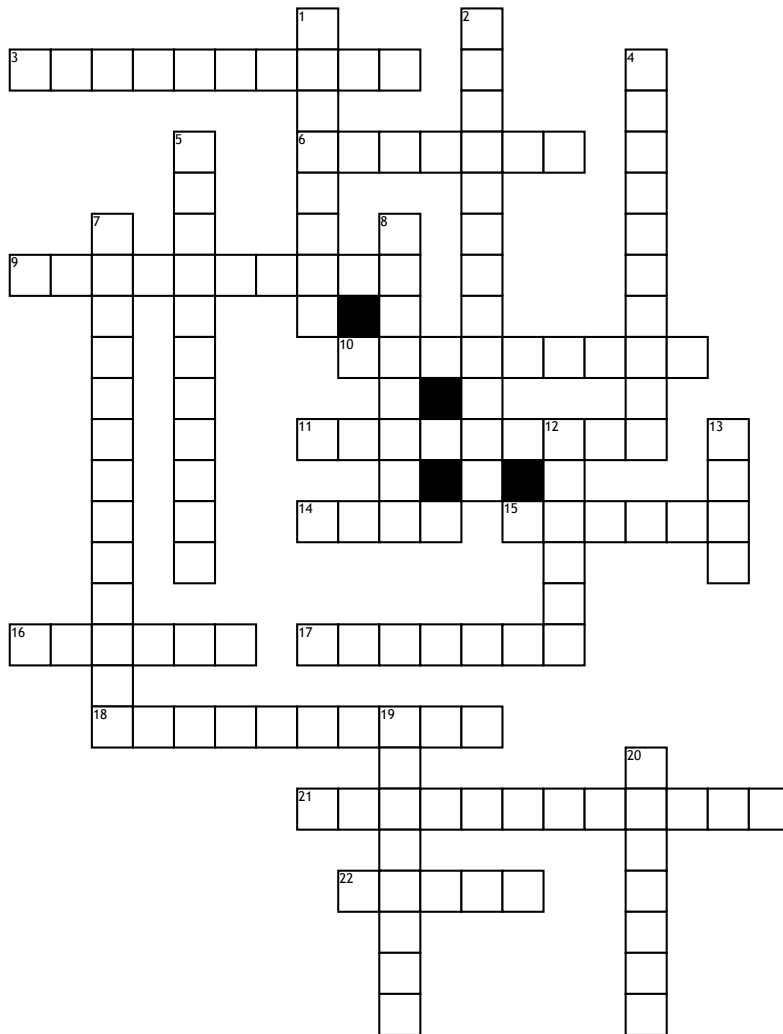


# Mental Health Crossword



## Across

3. A long 'cord' that goes down the back (in the CNS)  
 6. The ability to put yourself in another person's position and feel what they're feeling  
 9. The 5th and final stage of grief  
 10. A hormone that helps you sleep  
 11. The 'happy' hormone  
 14. The acronym for "the fear of missing out"  
 15. The feeling of emotional or physical tension  
 16. Usually happens when a loved one passes away - you refuse to believe they're gone

## Word Bank

Cerebrum	Nature	Displacement	Mental Health	Schizophrenia	Stress
Hippocampus	FOMO	Empathy	Eustress	Spinal Cord	Modeling
Acceptance	F.A.S.T.	Depression	Grief	Serotonin	Melatonin
Alzheimer's	Denial	Amygdala	Nurture		

17. Influences from one's environment that affects their traits

18. A form of dementia that causes brain cells to die

21. This is a defense mechanism that results in people taking their anger out on someone or something other than the initial source

22. 5 stages of \_\_\_\_\_

## Down

1. Children usually copy their older siblings' actions. This is called \_\_\_\_\_ and its used to find personality.

2. A state of well-being (emotional, psychological, and social)

4. This can be reactive or clinical

5. The part of the brain that takes care of short-term memory and the fight or flight method

7. A psychiatric diagnosis that includes hallucinations, disorganized thinking, and delusions

8. The most complex part of your brain. Includes thought, memory, and learning

12. The biological impact on human traits

13. The acronym for stroke symptoms

19. 'good' stress

20. Your brain's perception of emotion aka the 'alarm system'