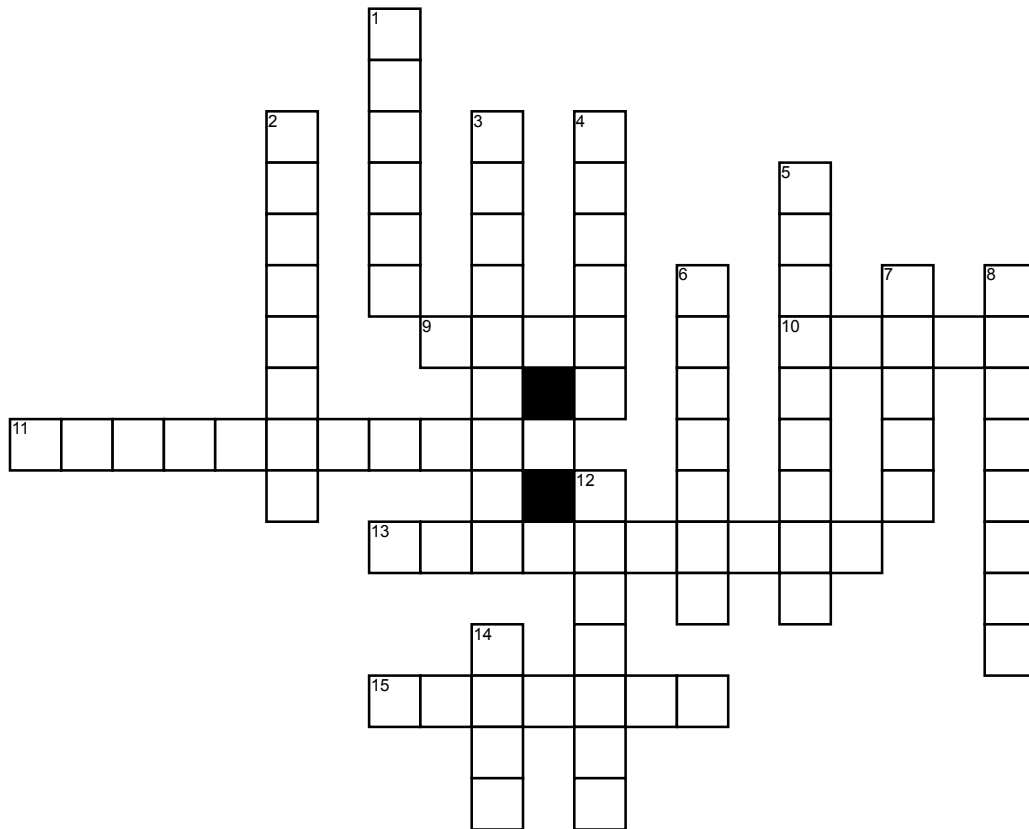


Mental Health Matters



Across

- 9.** To cease from work or movement
10. To make or become less tense and anxious
11. To connect to 1 or more people using a variety of senses or outlets
13. To create a period of focused mindfulness or spiritual relaxation

- 15.** To be sound and well and not sick

Down

- 1.** To unravel, loose up and relax
2. To place confidence and belief in a person or thing
3. To maintain contact with others
4. To protect from or unlikely to cause danger, risk or injury

- 5.** To obtain the food necessary for health and growth
6. To drink water or consume combined elements of water
7. To rest unconscious, with eyes closed
8. To sustain physical effort for good health
12. To extend muscles or limbs as a form of exercise
14. To speak to someone or others and to express ideas or feelings

Word Bank

Trusting	Nutrition	Relax	Talk	Stretch
Healthy	Rest	sleep	Exercise	Safety
Communicate	Unwind	Meditation	Connected	Hydrate