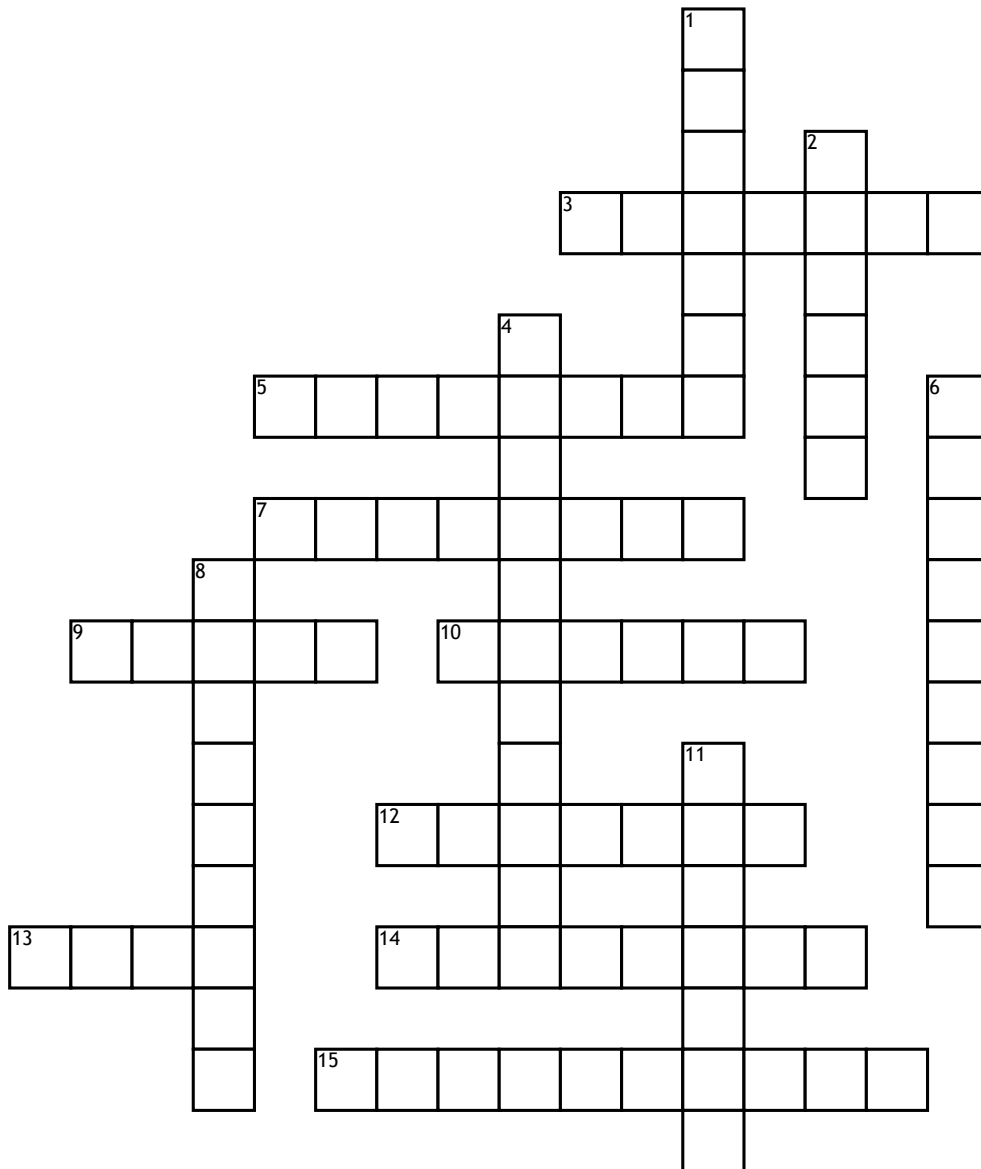


Mindfulness Crossword



Across

3. This method is different from other note-taking methods owing to its page layout. The page is divided into four sections in the shape of the letter 'I'. At the top of the page you will add a title, such as time management. At the bottom of the page is where you summarise the section in a few short sentences.

5. The "stress" hormone released by the amygdala.

7. The _____ manages the powerful fight or flight response which switches off when we feel stressed or anxious

9. Being mindful is being _____ of stray thoughts

10. Step 1 in the SQ3R study method

12. We can only take action in the _____ moment.

13. The _____ senses exercise helps bring us to the present moment quickly.

14. Making and maintaining _____ changes to improve our health and wellness is almost always easier if we have encouragement and support from our friends, family or co-workers

15. A system of belief and practices aimed at the union of the individual self with the universal self.

Down

1. An example of Expressive writing

2. The final step in the SQ3R study method

4. Ability to be fully present, aware of where we are and what we are doing

6. Showing appreciation for and to return kindness

8. _____ leads to success.

11. An unhealthy state or condition of the mind or body in which physical, social, emotional, intellectual, or spiritual functioning is compromised.