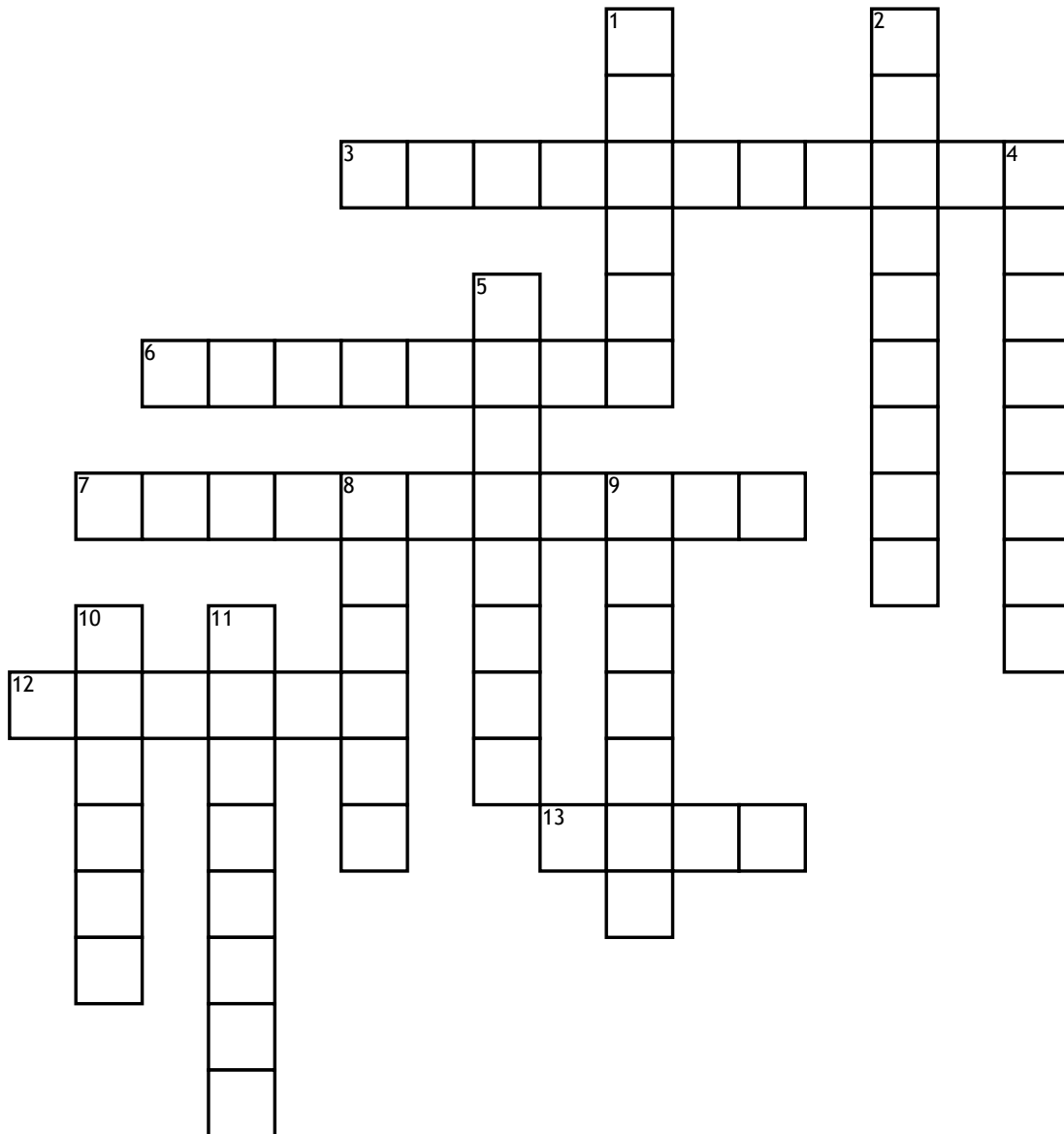


# PLEASE E&E



## Across

**3.** carb that raises body's glucose levels quickly (candy, cake, etc)

**6.** 150 minutes of what is recommended a week

**7.** exercise increases this part of the brain

**12.** Part of PLEASE skill where Balanced eating. Don't eat too much or too little. Stay away from foods that make you feel overly emotional.

**13.** Boosts the immune system and may influence depression. Food includes lean meats, poultry, seafood, beans, seeds and nuts

## Down

**1.** Vitamin B9 is more commonly known as

**2.** key hormone that stabilizes our mood, feelings of well-being, and happiness.

**4.** This is found in brazil nuts, fish, meat, beans, oatmeal, milk products and might help improve mood and reduce anxiety

**5.** protects and maintains the nervous system, including the brain. leafy greens, beans, peas and lentils, meat and milk

**8.** Reduces risk of mood disorders and brain diseases. Found in fish, flaxseed, chia seeds, walnuts

**9.** Helps the body grow and repair

**10.** Increases heart rate. Swimming, running, bike riding are examples

**11.** found in fortified milk and juice, fatty fish, eggs and from the sun