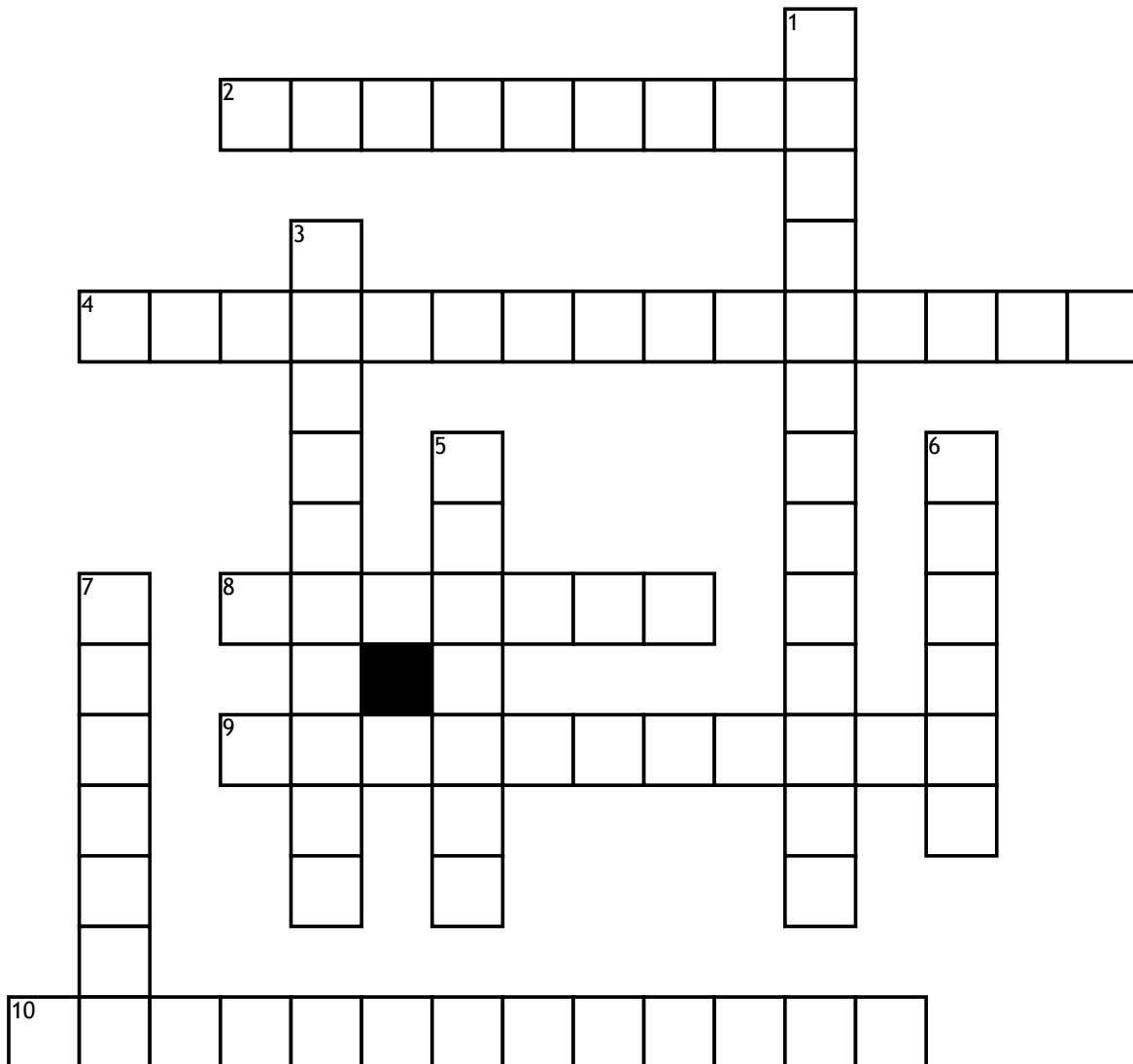


Name: _____

Date: _____

Stress Relief



Across

- 2. Acting without forethought
- 4. This may cause an MHP to become stressed out.
- 8. A feeling of worry, nervousness, or unease.
- 9. Some people harvest these to chew on when stressed.
- 10. Heightened activity level

Down

- 1. An effective AMBIT tool to assist with limiting life stresses.

- 3. What can happen to a client who acts out aggressively during class due to anxiety.
- 5. Recalling a memory through a prompt (also the Lone Ranger's horse)
- 6. A state of mental or emotional strain or tension resulting from adverse or demanding circumstances.
- 7. Having a client remove themselves to a place in their mind that is more relaxing is referred to as "Guided -----"