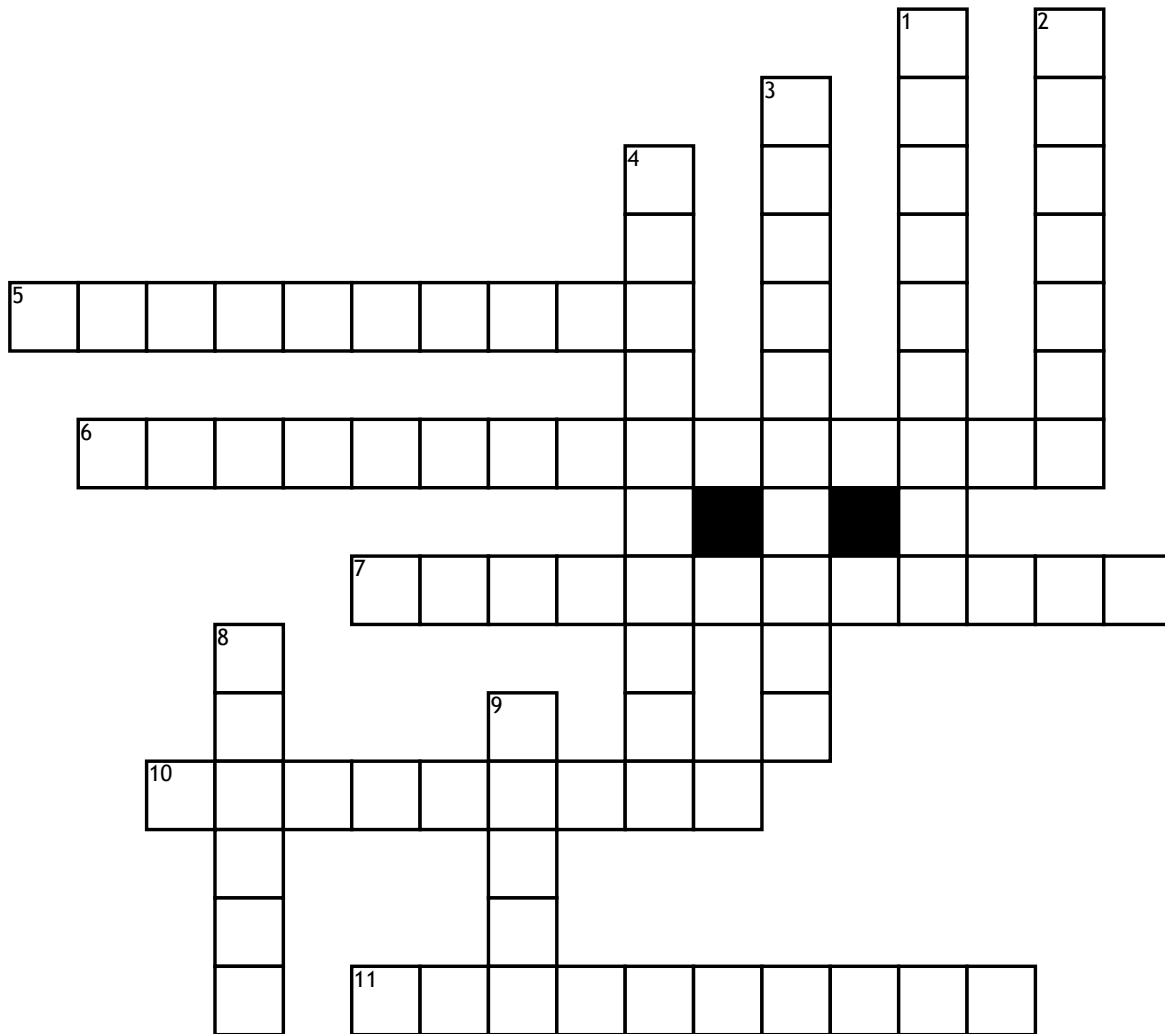


The Mind-Body Connection



Across

5. Low levels of dopamine are linked to reduced....
6. Read The Guardian article 'One Step At A Time: How To Improve Mental Health Through Fitness'. A 2015 paper showed that exercise can be just as helpful in treating depression as
7. Read the 'how much to do' page on the Mind website. What should you avoid?
10. Read 'The Mental Health Benefits of Exercise' on the helpguide.org website. It says that people tend to exercise because it gives them an enormous sense of

11. Read 'The Mental Health Benefits of Exercise' on the helpguide.org website. In the information box, it says that exercise helps you build stronger.....

Down

1. Which chemical regulates anxiety?
2. Anxiety and depression are a result of chemical in the brain
3. Look at the 'physical activity' page on the Mind website and watch the video. What is the first tip?
4. How does group exercising improve relationships? It increases....
8. Endorphins give us a boost of....
9. Serotonin sends signals between your nerve