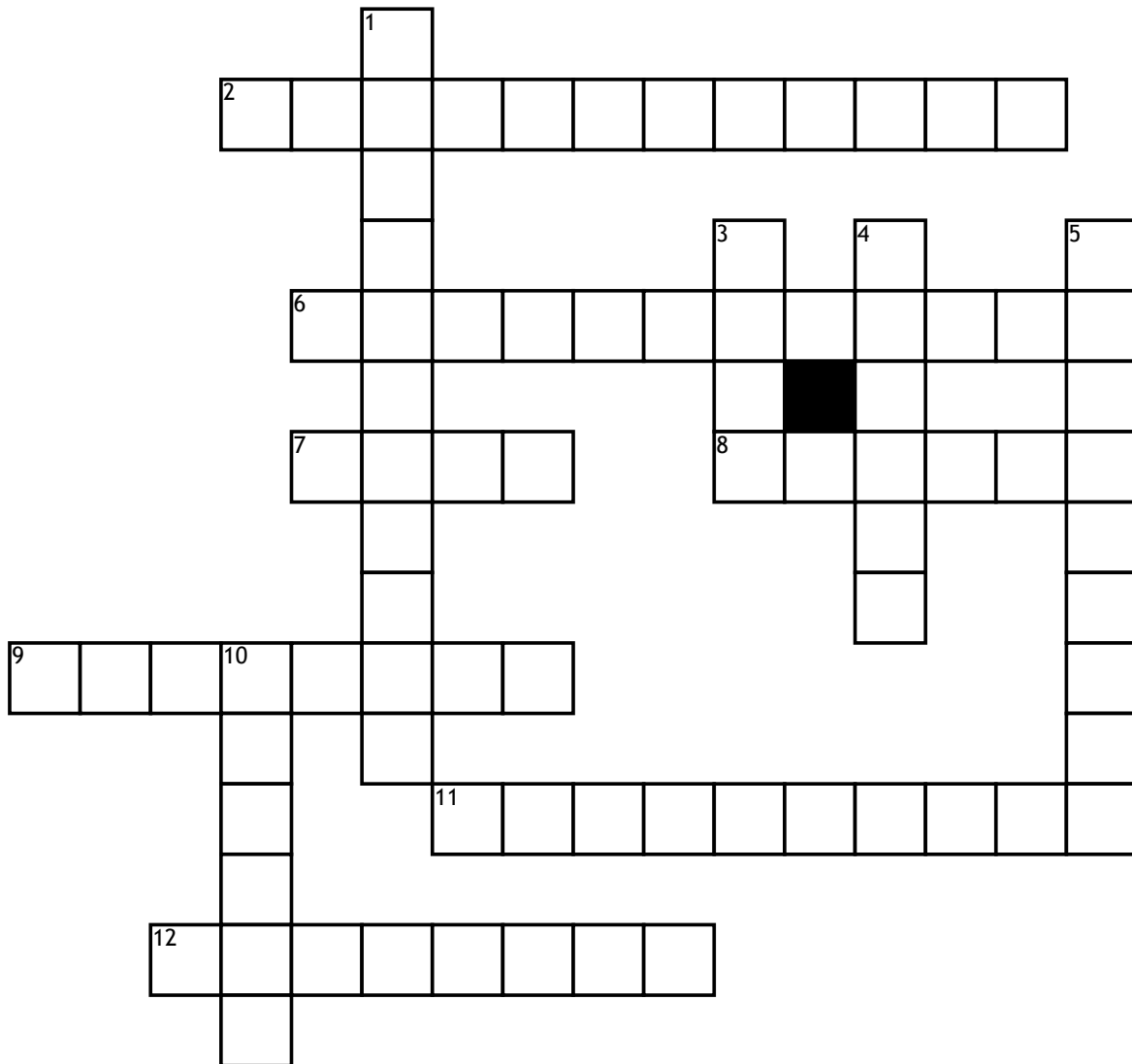


Trauma-Informed Care Crossword



Across

- 2. the part of the brain that activates the sympathetic nervous system to change things like our heart rate and blood pressure to prepare the body for fight or flight
- 6. the study of the brain and the nervous system
- 7. Neuroscience, Epigenetics, ACEs, and Resilience are collectively known as _____ science
- 8. we sometimes call trauma an unbuffered _____ dose

- 9. essential neurotransmitter in creating attachment bonds throughout the human lifespan
 - 11. the ability to respond to challenges in sustainable and effective ways
 - 12. brain structure that helps us figure out our emotional world; it also helps us identify threats
- Down**
- 1. environmental influences on genetics that can influence an individual's developmental outcome and can be inherited through generations

- 3. instances or prolonged states of adversity during childhood that cause unfavorable amounts of stress on the developing brain and other aspects of the nervous system
- 4. basic unit of the brain
- 5. the second stage of becoming trauma-informed
- 10. any experience that places excessive stress on the mind and body is perceived by the body as _____