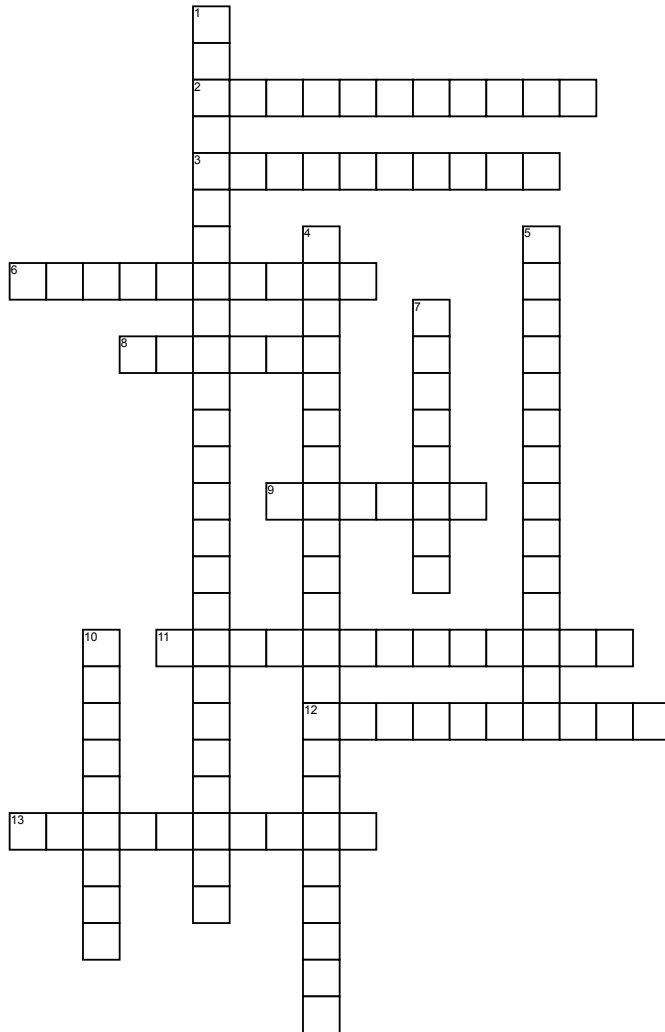


# Vocabulary Master



## Across

- 2.** A mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique
- 3.** (of a person or thing) Connected with something else
- 6.** Resulting in good; favourable or advantageous
- 8.** A word or sound repeated to aid concentration in meditation

## Word Bank

gratitude  
catastrophic prediction  
mood regulation  
beneficial  
mindfulness

- 9.** Take action to reduce or prevent (something bad or undesirable)
- 11.** expression of disapproval of oneself on the basis of perceived faults or mistakes.
- 12.** Make (someone or something) look or feel better, younger, or more vital
- 13.** Hopeful and confident about the future

## Down

- 1.** Feeling or showing sympathy and concern for others or towards oneself in converse

- 4.** Extremely unfortunate or unsuccessful thing predicted
- 5.** Controlling or keeping ones state of mind/ feeling positive or at a balanced level
- 7.** A strong or habitual liking for something or tendency to do something
- 10.** The quality of being thankful; readiness to show appreciation for and to return kindness

mantra  
associated  
compassionate conversation  
optimistic

self-criticism  
rejuvenate  
combat  
penchant