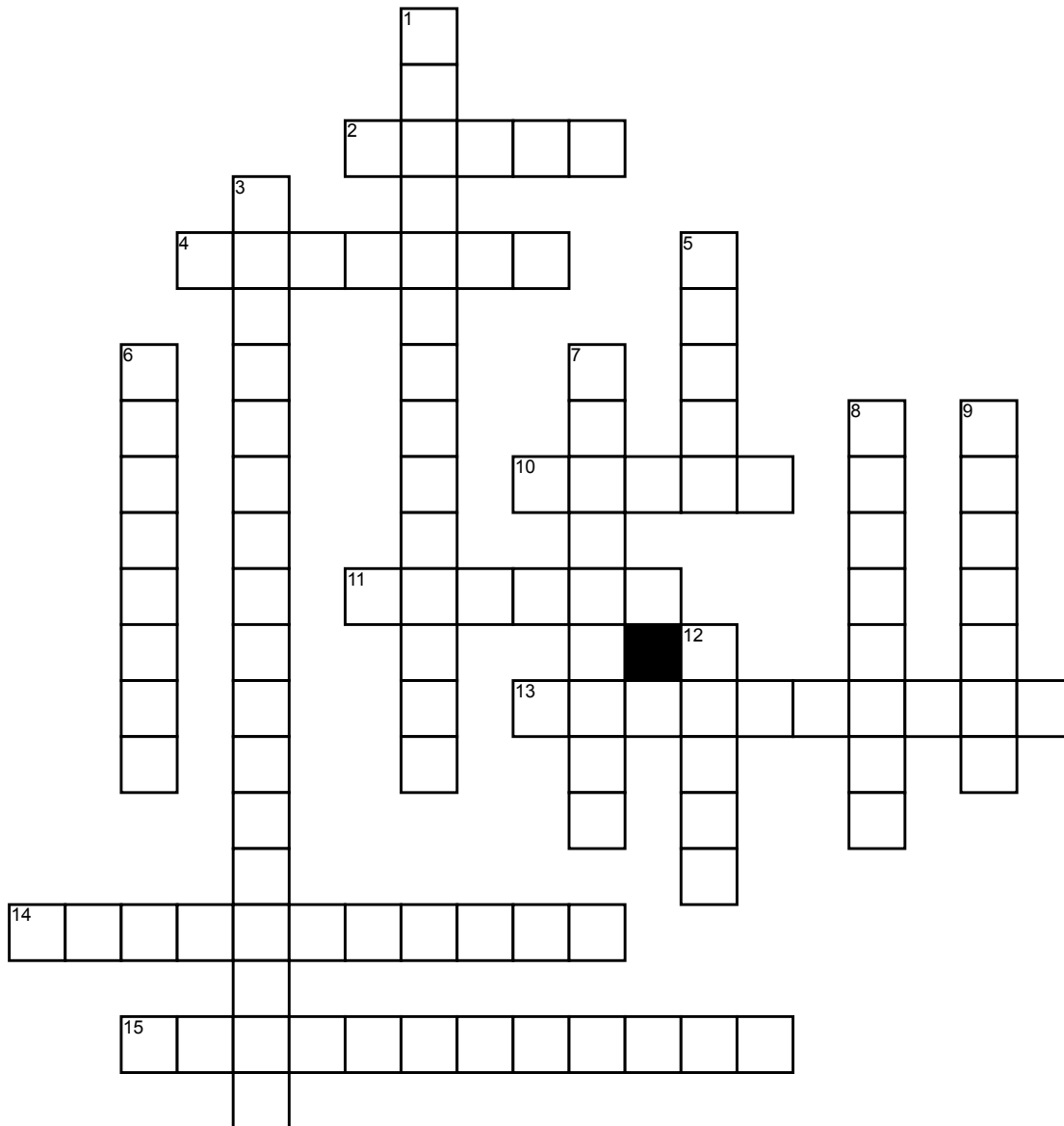


Ways to Improve Mental Health



Across

- 2.** Drink plenty of _____
- 4.** Makes us more efficient and enhances feelings of security and safety
- 10.** A lack of this contributes to a high rate of depression
- 11.** Practice good _____ skills
- 13.** These type of exercises and prayer can improve your state of mind and outlook on life
- 14.** A sign of strength — not a weakness

15. Striking a balance in all aspects of your life - social, physical, spiritual, economic, mental

Down

- 1.** Setting these will help gain a tremendous sense of accomplishment and self-worth as you progress toward your goals
- 3.** People with strong family or _____ are generally healthier than those who lack a support network
- 5.** Remember to do this more often and see the humor in life

- 6.** Helps decrease depression and anxiety and improve moods
- 7.** Devoting your time and energy to help someone in need
- 8.** This can boost your immune system, ease pain, relax your body and reduce stress
- 9.** Keep this use to a minimum and avoid other drugs
- 12.** Treat yourself with kindness and respect, and avoid self-criticism