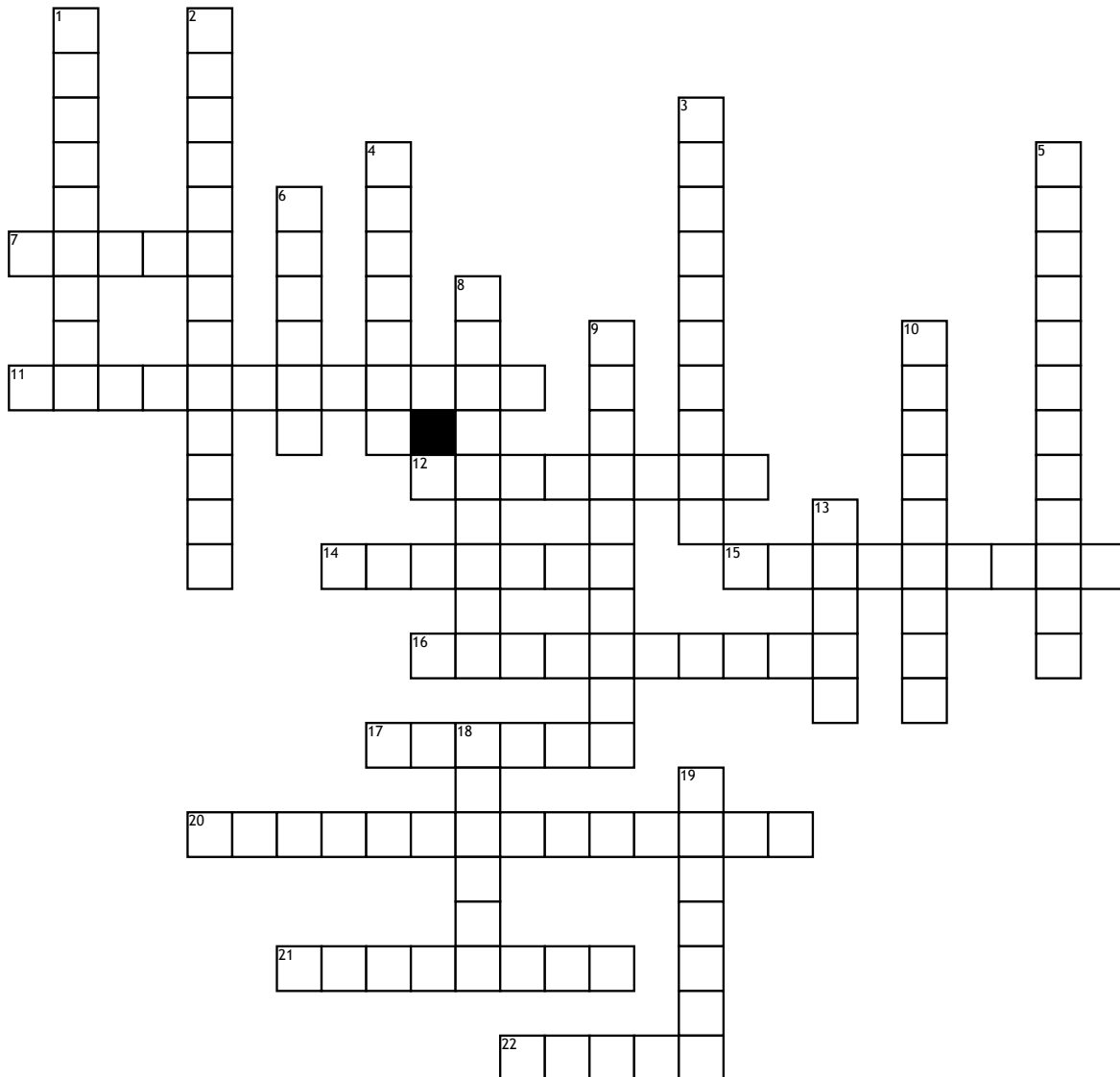


Name: _____

Date: _____

coping crossword



Across

7. illegal substances to alter mood- people use them to feel better and then feel worse when they wear off
11. a medical doctor who treats mental illness with medicine
12. a way to remove yourself from an upsetting situation
14. another word for nervous
15. a chemical in the brain that makes you feel less depressed
16. another word for extreme, ongoing sadness
17. if you have experienced any kind of trauma, you may feel like a _____

20. medicine that helps with sadness and anger

21. these influence your moods and actions

22. whatever you place a high importance on

Down

1. mixing prescribed drugs with alcohol or illegal drugs is _____
2. medicine that helps with voices and paranoia
3. Fighting, explosive
4. the opposite of defeat. overcoming fear or a problem
5. a doctor who treats mental illness with therapy

6. saying you dont have a problem when you do. lying to yourself and others

8. to picture success or a calm scene in your mind

9. feeling good about ourselves/ pride

10. standing up for yourself politely. saying no when necessary

13. when you drink too much alcohol, you may become _____

18. type of skill used to handle anger or depression

19. being a doormat; not defending yourself