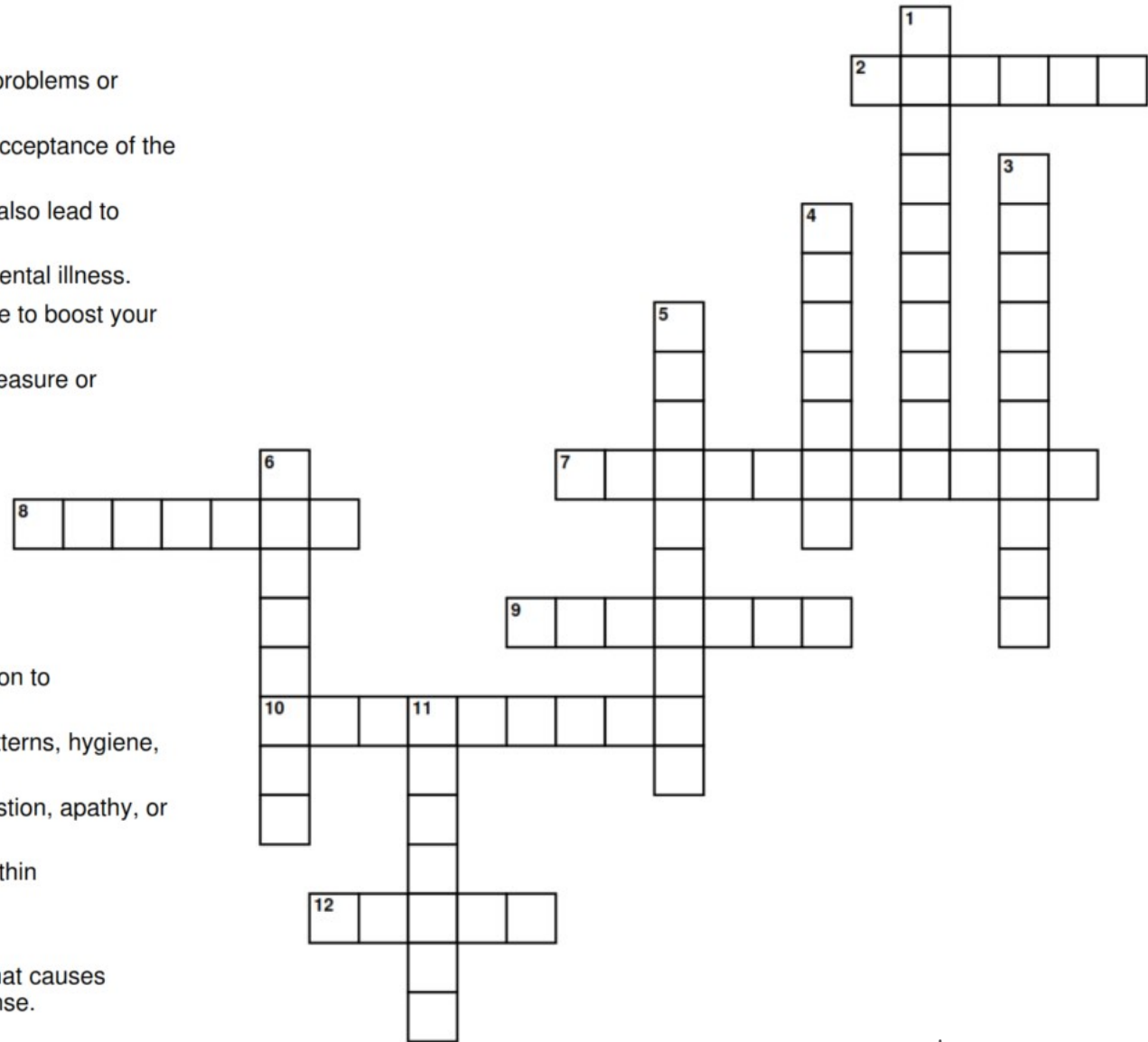


MAY CROSSWORD PUZZLE

Across

- [2] _____ skills help you manage your problems or symptoms when they arise.
- [7] A combination of being present and acceptance of the here and now.
- [8] Worry, nervousness, or fear that can also lead to physical symptoms.
- [9] An evidence based tool for treating mental illness.
- [10] Acknowledging things you appreciate to boost your mood.
- [12] A strong feeling of annoyance, displeasure or hostility.



Down

- [1] Feeling excited and ready to take action to accomplish a goal or idea.
- [3] An illness that can influence sleep patterns, hygiene, enjoyment of activities, etc.
- [4] Feelings of stress, low energy, exhaustion, apathy, or cynicism related to your work.
- [5] Limits or rules we set for ourselves within relationships.
- [6] Positive attributes of a person.
- [11] A person, place, event or situation that causes unwanted emotional or behavioral response.

MAY CROSSWORD PUZZLE - ANSWERS

