Know Before You Go Crossword 2

ACROSS

4 What avoiding stress can lead to (page 17)
6 One important aspect for making a living arrangement work is __________ for others (page 17)
8 Having time alone can help us to (page 22)
9 Intense sadness with negative thoughts, fatigue, or sleep problems which interfere with the ability to live your life is an example of mental ___________. (page 42)
13 A sense of connection to something bigger than yourself (page 11)
14 Becoming independent involves making what? (page 18)

DOWN

1 The experience of grief after death of someone close to you is an example of a mental health ___________. (page 42)
2 Disappointment or sadness after a break up would be an example of mental ___________. (page 42)
3 Another important aspect for making a living arrangement work (page 17)
5 One way of developing positive mental health (page 44)
7 A kind of list to help you stay organized (page 36- two words)
10 One way of developing a positive mental health (page 44)
11 One way to stay organized (page 36-two words)
12 One way of developing positive mental health. (page 44)
Know Before You Go Crossword 2

1. P
2. D R
3. C I O
4. C H R O N I C
5. S T R E S S
6. M E L E T
7. R E S P E C T
8. R E C H A R G E
9. X I N G
10. M O D O
11. X I N S
12. M O D O
13. S P I R I T U A L I T Y
14. S P I R I T U A L I T Y
15. D I S O R D E R
16. X E R C I S E
17. S E T G O T
18. S I L O N
19. D E C I S I O N S
20. P I N N G