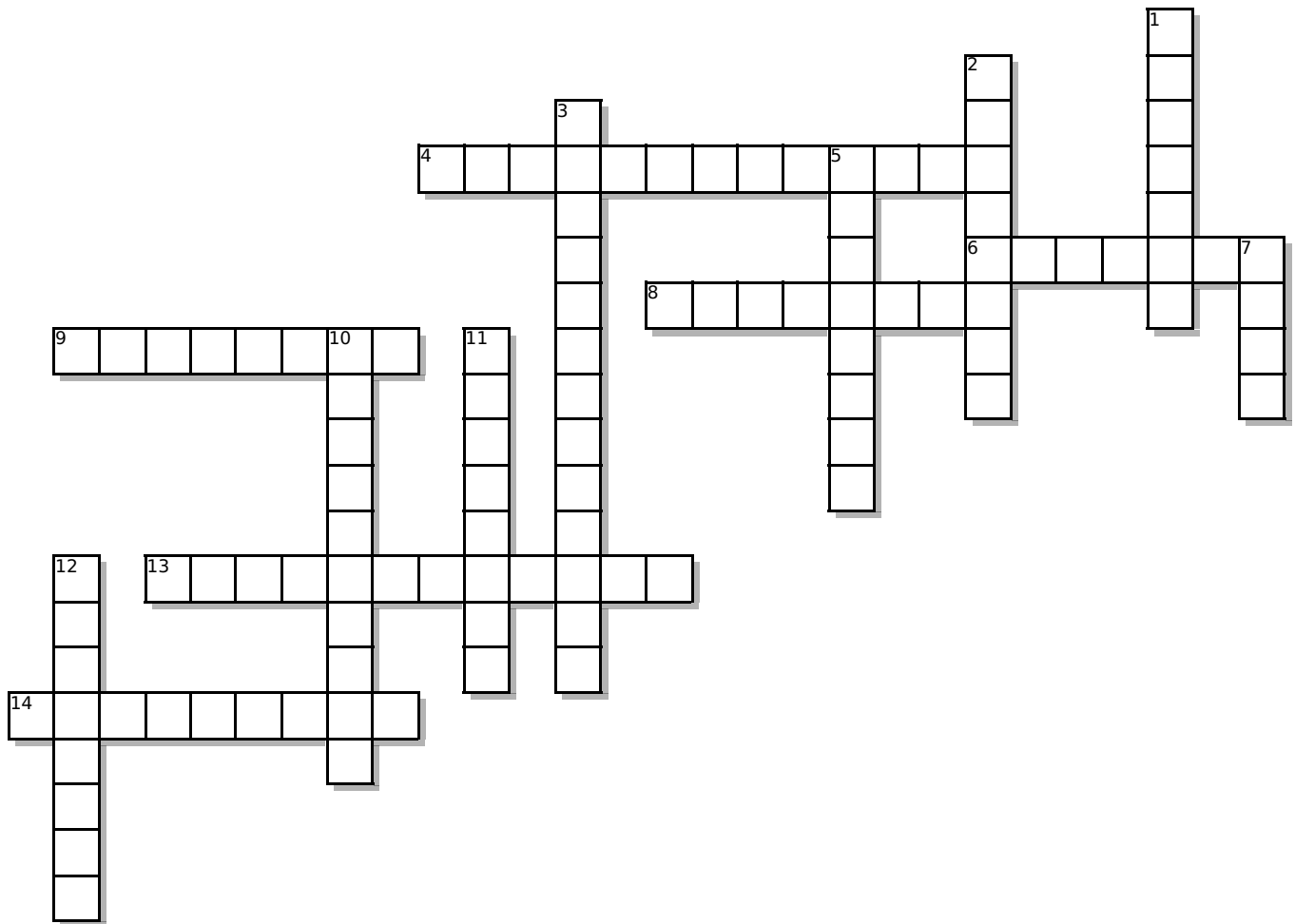


Know Before You Go Crossword 2



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

