



ACROSS

- 1. Deeply distressing experience
- 2. State of health and happiness
- 3. Mental and physical tension
- 4. Doctor specializing in mental illness
- 6. Present moment awareness practice
- 8. Feeling of worry or unease

DOWN

- 3. Help from others or network
- 5. Mental health professional
- 7. Ability to recover from hardship
- 9. Mental state of persistent sadness
- 10. Calming mental practice

