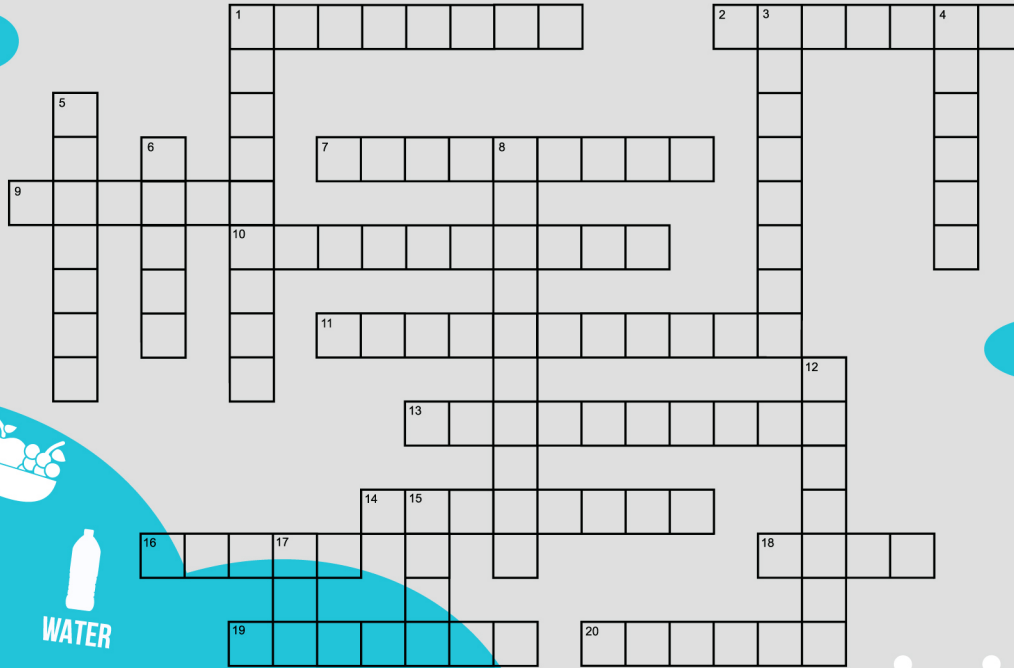


DURING THIS TIME OF UNCERTAINTY... LET'S TAKE CARE OF OURSELVES

MENTAL HEALTH MATTERS



ACROSS

1. To sustain physical effort for good health
2. To develop a positive or inspirational outlook for the future
7. To maintain contact with others
9. To be protected from or unlikely to cause danger, risk, or injury
10. To create a period of focused mindfulness or spiritual relaxation
11. To connect to 1 or more people using a variety of senses or outlets
13. To be a good near-by resident, bystander or acquaintance
14. To place confidence and belief in a person or thing
16. To rest unconscious, with eyes closed
18. To speak to someone or others and to express ideas or feelings
19. To extend muscles or limbs as a form of exercise
20. To express one's self through imaginative ideas

DOWN

1. To be amused and have lighthearted pleasure
3. To arrange in a structured order or whole
4. To unravel, loosen up and relax
5. To be sound and well and not sick
6. To make or become less tense and anxious
8. To adopt an attitude in which you expect good results
12. To drink water or consume combined elements with water
15. To cease from work or movement
17. To put healthy food in your mouth, chew and swallow

• WE ARE ALL IN THIS TOGETHER • WE ARE APART BUT TOGETHER •

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Crossword Answers:	
ACROSS	1. EXERCISE
	2. HOPEFUL
	3. ORGANIZE
	4. UNWIND
	5. HEALTHY
	6. RELAX
	7. CONNECTED
	8. ENTHUSIASM
	9. SAFETY
	10. MEDITATION
	11. COMMUNICATE
	12. COMBINE
	13. NEIGHBORLY
	14. TRUSTING
	15. REST
	16. SLEEP
DOWN	1. ENJOYMENT
	2. TALK
	3. STRETCH
	4. UNWIND
	5. HEALTHY
	6. RELAX
	7. CONNECTED
	8. ENTHUSIASM
	9. SAFETY
	10. MEDITATION
	11. COMMUNICATE
	12. COMBINE
	13. NEIGHBORLY
	14. TRUSTING
	15. REST
	16. SLEEP