

Date: \_\_\_\_\_

[illegible]

**11. The intentional act of ending ones own life**

**Across**

- 3.** A stress relief technique in which you relax and reflect
- 4.** Being disoriented or slightly insane, A disturbance in attention
- 8.** A nervous system disorder involving repetitive movements or unwanted twitching
- 10.** Constant sadness or grief, can be caused by the loss of a loved one or other tragic event
- 12.** disorder which causes mania and difficulty living a normal social life
- 13.** Disorders that cause you to constantly worry and fret about everything

**Down**

- 1.** A prejudice or assumption about a group of people
- 2.** A relief technique that will give any sane person nightmares
- 5.** The body's reaction to stressors
- 6.** The causes of Stress
- 7.** You need 8 or more hours of it a night
- 9.** A disorder that causes one to want everything to be perfect and or measured
- 11.** The intentional act of ending ones own life