Mental Health Word Search

W	U	С	0	Ν	F	I.	D	Е	Ν	т	I.	Α	L	I.	т	Y	Q
Μ	т	X	к	S	D	Е	Ρ	R	Е	S	S	T	0	Ν	н	G	G
С	L	D	V	J	Е	Ρ	Α	Ν	I.	С	Α	т	т	Α	С	к	Ν
S	S	0	С	I.	Α	L	T	S	I.	Ν	G	н	Y	т	т	Μ	X
В	Α	V	Μ	I.	Ν	D	F	U	L	Ν	Е	S	S	S	R	Μ	Α
Μ	н	Α	Ρ	Ρ	I	Ν	Е	S	S	R	С	L	Ρ	S	Α	I.	Ν
т	н	Е	R	Α	Ρ	Y	Y	S	×	J	×	Ρ	С	т	U	Ν	X
В	к	D	S	U	Ρ	Ρ	0	R	т	Ζ	V	Ρ	U	R	Μ	D	I
С	0	U	Ν	S	Е	L	L	I.	Ν	G	V	к	F	Е	Α	S	Е
0	D	R	Α	F	F	I.	R	Μ	Α	т	T	0	Ν	S	н	Е	т
G	т	Α	В	0	D	Y	T	Μ	Α	G	Е	Q	Ρ	S	G	т	Y

Find the following words in the puzzle.

Depression	Socialising	Anxiety	Stress
Panic Attack	Confidentiality	Support	Therapy
Counselling	Body Image	Happiness	Friendships
Mindset	Mindfulness	Trauma	Happiness

Mind of the Student is a charity registered in England and Wales (1165035). Registered office: 3rd Floor, 86-90 Paul Street, London, EC2A 4NE, United Kingdom. For all general correspondence, please email enquiries@mindofthestudent.org.uk.



Word Search - Answers

W	U	С	0	Ν	F	I	D	Е	Ν	т	I	Α	L	I	т	Y	Q
Μ	т	X	к	S	D	Е	Ρ	R	Е	S	S	I	0	Ν	н	G	G
С	L	D	V	J	Ε	Ρ	Α	Ν	I	С	Α	т	т	Α	С	к	Ν
S	S	0	С	T	Α	L	T	S	I	Ν	G	н	Y	т	т	Μ	×
В	Α	V	Μ	I	Ν	D	F	U	L	Ν	Е	S	S	S	R	Μ	Α
М	н	Α	Ρ	Ρ	T	Ν	Е	S	S	R	С	L	Ρ	S	Α	Т	Ν
т	н	Е	R	Α	Ρ	Y	Y	S	×	J	X	Ρ	С	т	U	Ν	×
В	к	D	S	U	Ρ	Ρ	0	R	т	Ζ	V	Ρ	U	R	Μ	D	I
С	0	U	Ν	S	Е	L	L	I	Ν	G	V	к	F	Е	Α	S	Е
0	D	R	Α	F	F	I	R	М	Α	т	I	0	Ν	S	н	Е	т
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Match the Definition

1 in _ people worldwide will experience a mental health disorder.

The clinical definition of depression is a mood disorder causing a persistent feeling of sadness and loss of interest which lasts longer than **_ weeks**.

There is an average **_ year delay** between young people displaying first symptoms and getting help. This may be due to a young people's lack of understanding and recognising mental health deterioration.

1 in _ young people will experience an anxiety problem.

_____ is the practice of paying more attention to the present moment, to your own thoughts and feelings, rather than past regrets or future fears.

The information you supply to a professional is protected under the _____ **1998**, which means that they are restricted by the law not to disclose your information. Only under very exceptional circumstances, this can be breached.

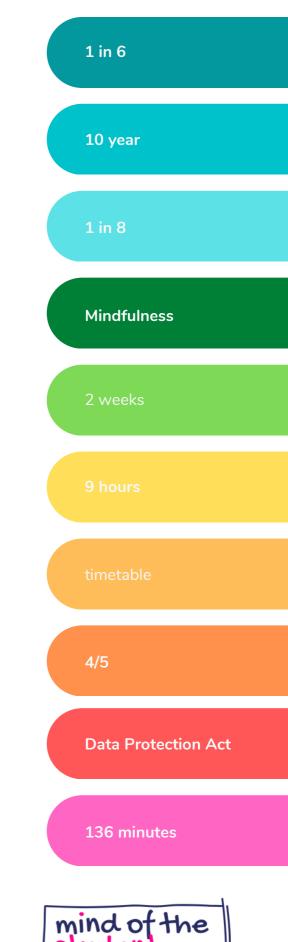
On average, people spend ____ minutes a day on social media.

Younger people say that ____ major social platforms make their anxieties worse.

Teenagers need around ____ hours of sleep a night.

Sticking to a _____ can be a beneficial way of keeping track of what we need to do and when we have to study to minimise our stress.

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10 year

1 in 8

Mindfulness

2 weeks

9 hours

timetable

4/5

Data Protection Act

136 minutes



My Stress Bucket: Coping Methods

Poor diet Dealing with change Exam stress Friendships Lack of sleep Anxiety Family Loosing a loved one

Lack of support Financial worries Future carer aspirations Parental divorce If the bucket overflows, things start to become overwhelming, meaning we are not managing our mental health appropriately.

When piercing the bucket, we are letting out life's stresses. By allowing the bucket not to overflow, our coping mechanisms are demonstrating durability and good levels of effectiveness.

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My Stress Bucket: Coping Methods

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Write your current stresses in these three boxes...

List what helps you relieve these stresses here...

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