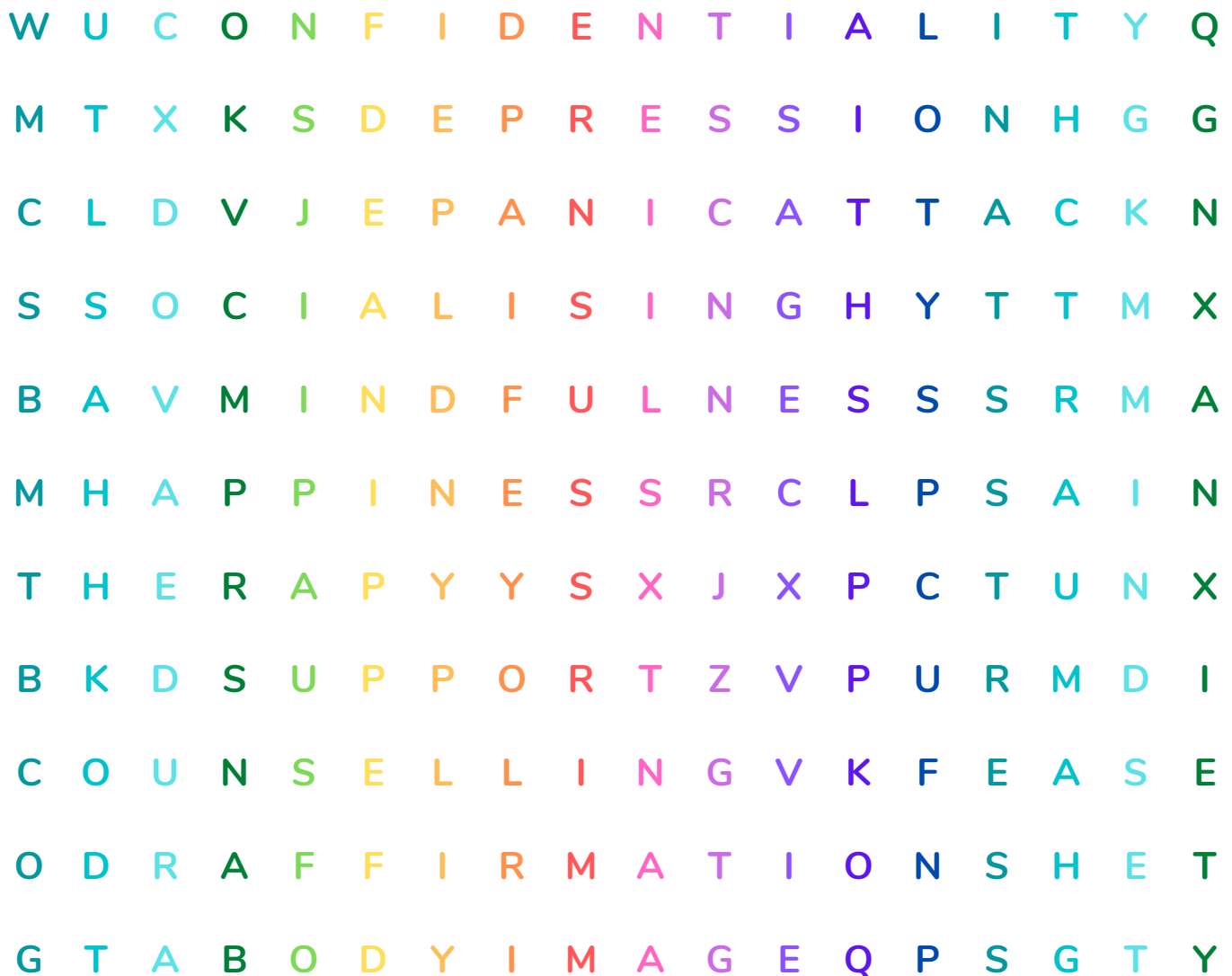


Mental Health Word Search



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

Word Search - Answers



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Happiness

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.

1 in 6

10 year

1 in 8

Mindfulness

2 weeks

9 hours

timetable

4/5

Data Protection Act

136 minutes

Match the Definition - Answers

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My Stress Bucket: Coping Methods

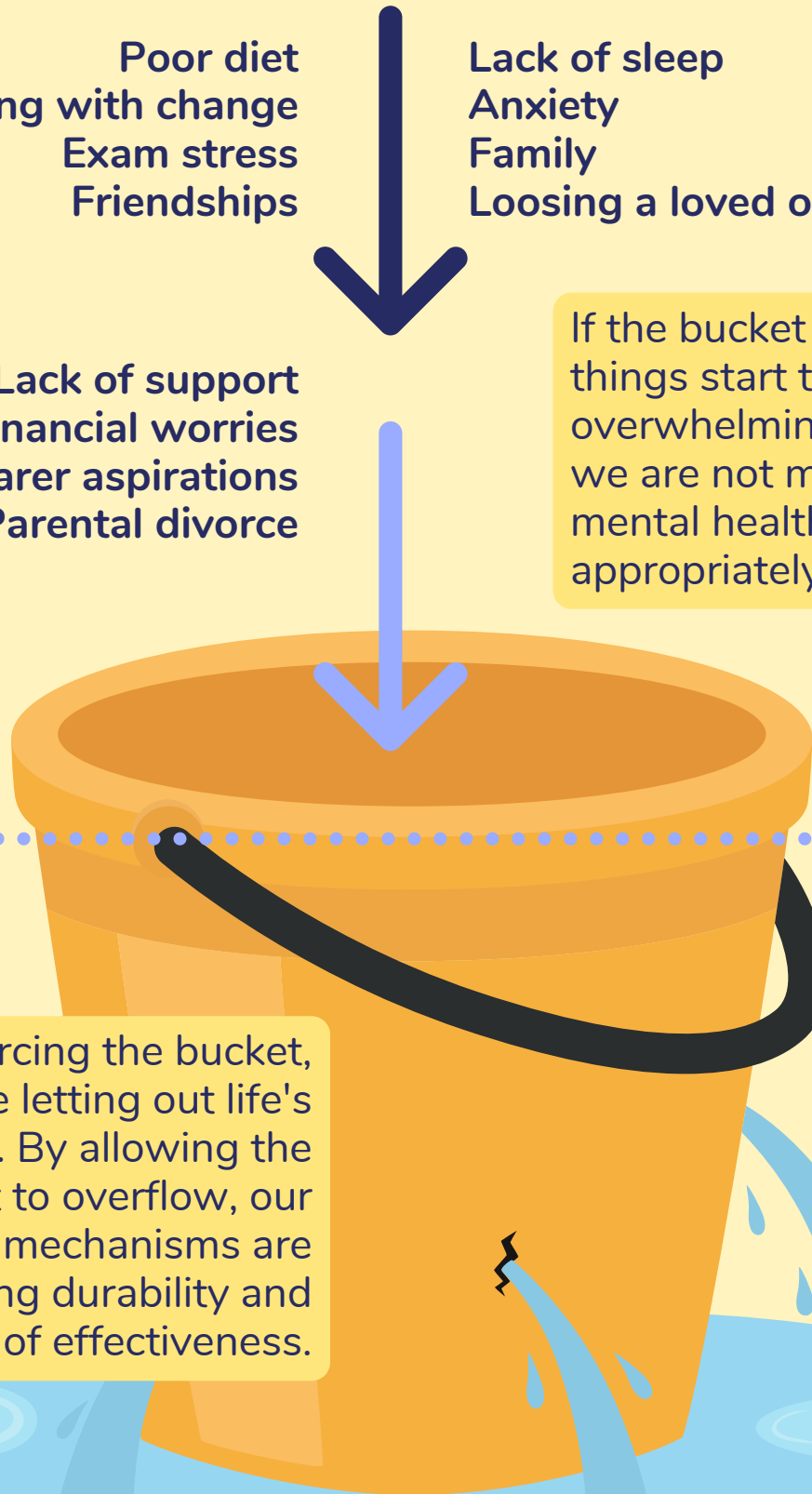
Poor diet
Dealing with change
Exam stress
Friendships

Lack of sleep
Anxiety
Family
Loosing a loved one

Lack of support
Financial worries
Future carer aspirations
Parental divorce

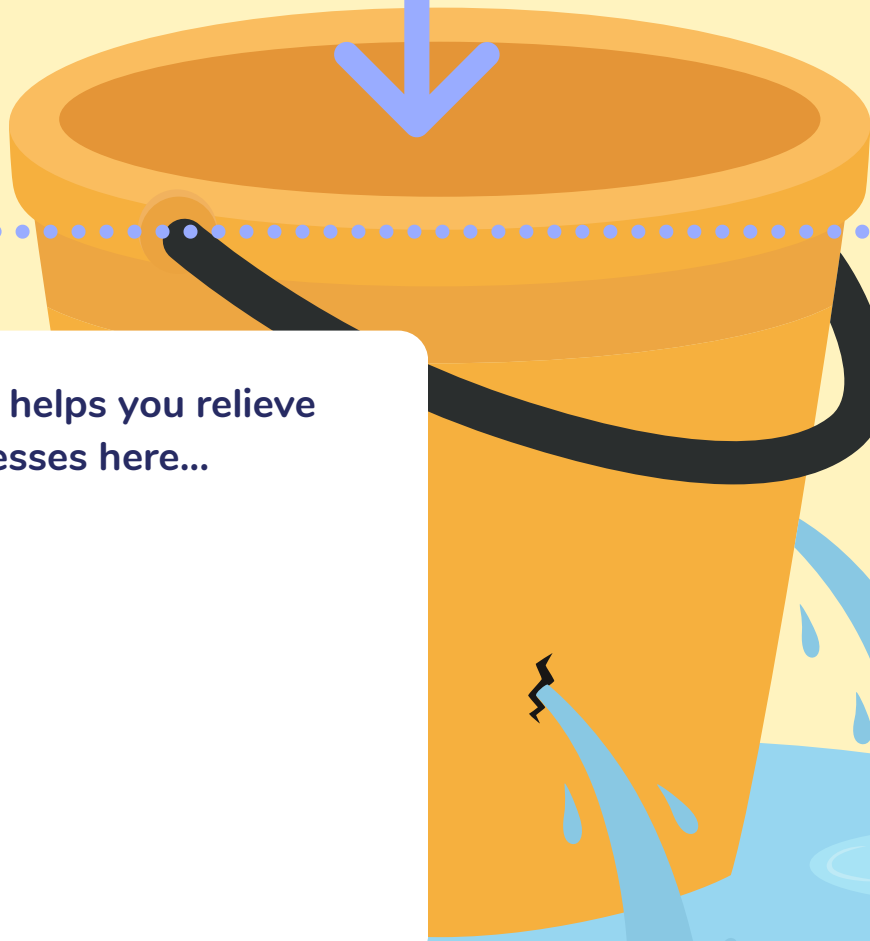
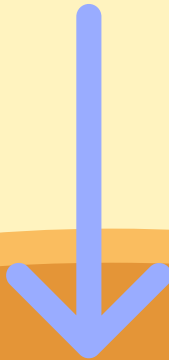
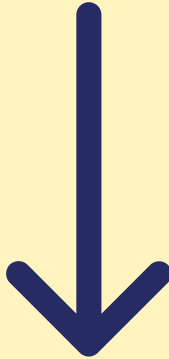
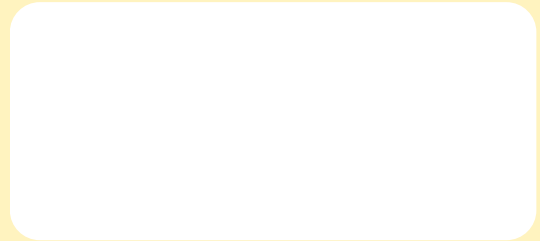
If the bucket overflows, things start to become overwhelming, meaning we are not managing our mental health appropriately.

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.



My Stress Bucket: Coping Methods

Write your current stresses in these three boxes...



List what helps you relieve these stresses here...

