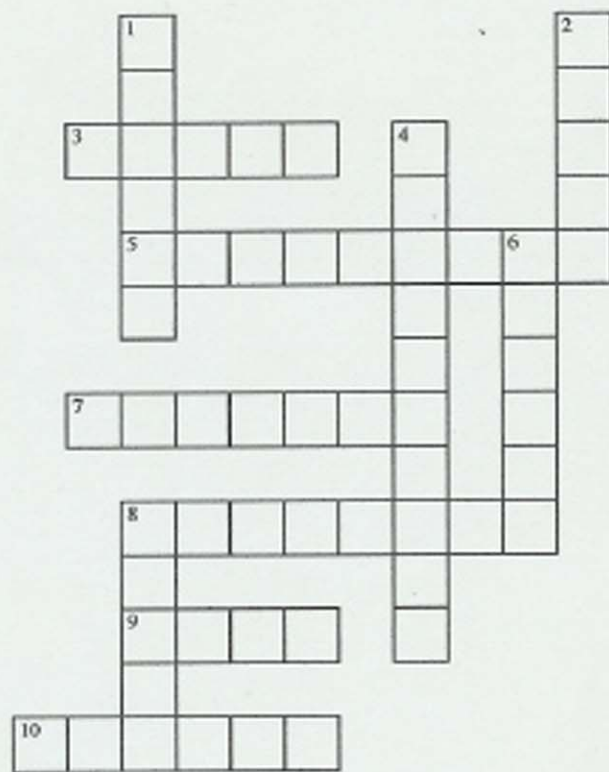


## Mood Crossword



### ACROSS

- 3 A high energy mood that also includes irritability.
- 5 A person you can talk to about dealing with bipolar disorder.
- 7 Taking deep \_\_\_\_\_ can help you calm down when you are stressed.
- 8 Taking this everyday helps you become stable.
- 9 At school you might go to a \_\_\_\_\_ place when you are feeling upset.
- 10 Regular \_\_\_\_\_ visits are important to help treat bipolar disorder.

### DOWN

- 1 It's important to take care of your \_\_\_\_\_ by eating right, sleeping enough, and getting the exercise you need.
- 2 You should tell someone you \_\_\_\_\_ if you ever feel like hurting yourself or letting yourself be hurt.
- 4 A deep sadness that goes too far and lasts too long.
- 6 Balanced moods, not too high or too low.
- 8 Some kids like to listen to calming \_\_\_\_\_ when they are upset.