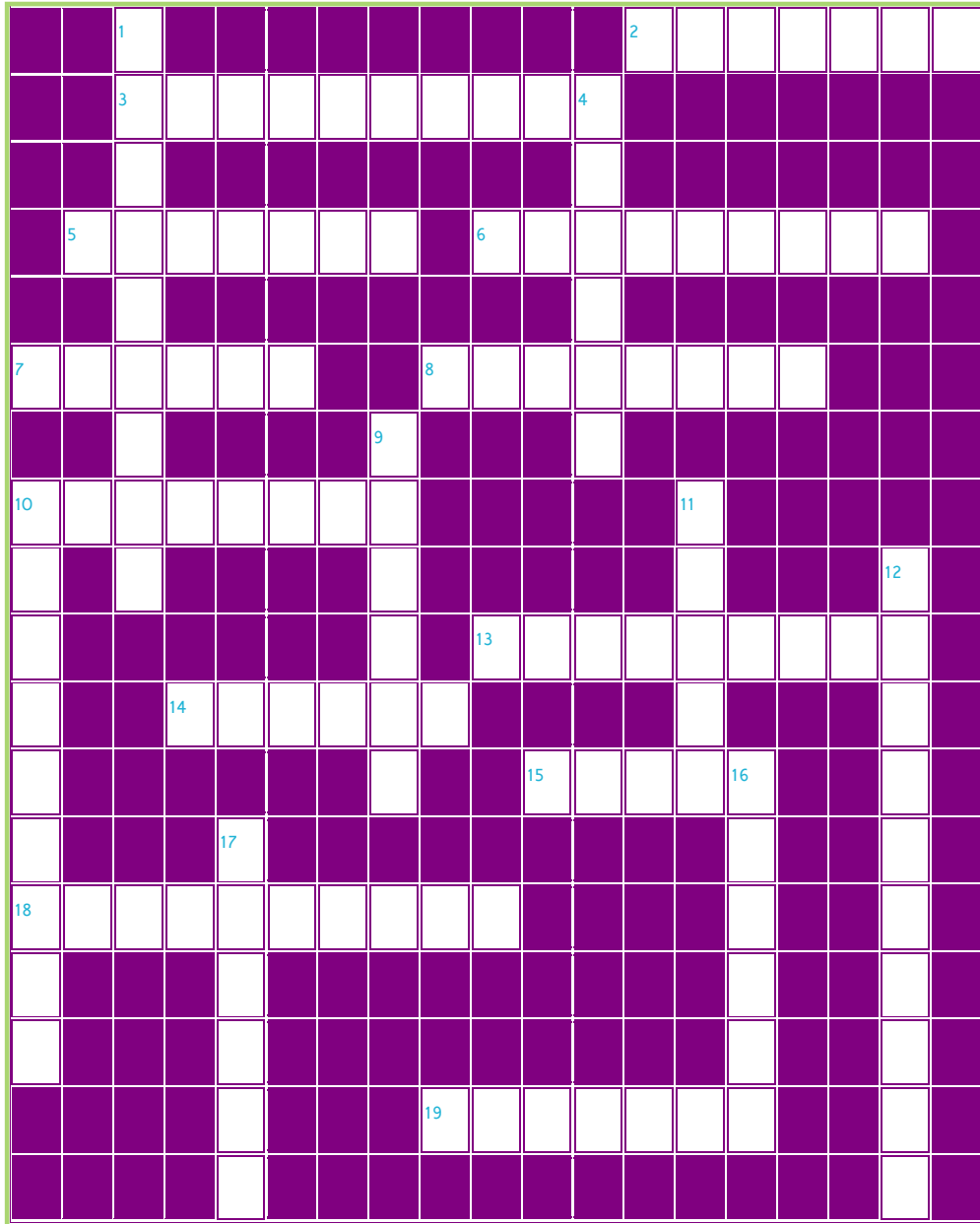




Crossword



ACROSS

- 2. Mentally _____ WA is the organisation that promotes mental wellbeing statewide in WA.
- 3. To be this, one must have a positive outlook on life and the future.
- 5. A positive _____ on life helps keep us mentally healthy.
- 6. Being an active member of your _____ is a good way to strengthen your mental health.
- 7. Be _____ in as many ways as you can.
- 8. Stay active mentally, physically and _____ for good mental health.
- 10. Painting is a _____ way to Act-Belong-Commit.

13. Giving thanks, expressing your _____.
14. More than an acquaintance.
15. Playing interactive _____ helps keep our minds sharp.
18. Avoiding _____ will help us to stay optimistic about the future.
19. Resistance training done to improve muscle strength.

DOWN

1. To offer your time and services for the benefit of others.
4. To put effort into the things that keep you mentally healthy.
9. To be part of a group, club, or organisation.
10. Taking up a new _____ can build new skills and promote mental wellbeing.
11. An expression made with the mouth to express happiness.
12. This protective factor helps you bounce back from times of adversity.
16. Group _____ is not only a way to stay fit, but also a way to Act-Belong-Commit.
17. This physical, mental, or emotional strain can be prevented by following the A-B-C guidelines for positive mental health.