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Friday Challenge

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| **Across****3.** Character responsible for self sabotage**5.** The cognitive element of anxiety **7.** Strong motivator for action**8.** On-line course for stress and resilience**9.** Equalising this tells the brain we are calming down**10.** Can trigger emotions | **Down****1.** Part of the nervous system implicated in emotional regulation**2.** Stores memories related to survival**4.** Sounds the alarm when we detect threat**6.** Illness implicated in long term stress  |