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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 |