Healthy Relationships

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| **1.** Mental Illness does not make you | **A.** Last |
| **2.** It is extremely important to monitor | **B.** Know your worth |
| **3.** Healthy communication means you and your partner/friend are comfortable speaking | **C.** Stigma |
| **4.** None of us are | **D.** Extremely |
| **5.** Independence and doing your own thing can help you avoid | **E.** Imbalance |
| **6.** Have a | **F.** Support Plan |
| **7.** Know yourself | **G.** Freely, honestly, and openly |
| **8.** Depression and anxiety are \_\_\_\_ common in society | **H.** Undate-able |
| **9.** Mental Illness is a brain chemical \_\_ | **I.** Coping skill |
| **10.** Taking a walk is a | **J.** Negative self-talk |
| **11.** Taking deep breaths is a | **K.** Self-care skill |
| **12.** Treatment can include | **L.** Mind readers |
| **13.** Is a mark of disgrace that sets a person apart from others | **M.** Unnecessary stress |
| **14.** Please do not repeat the \_\_ thing someone said if you are not listening | **N.** Meds, therapy, and groups |