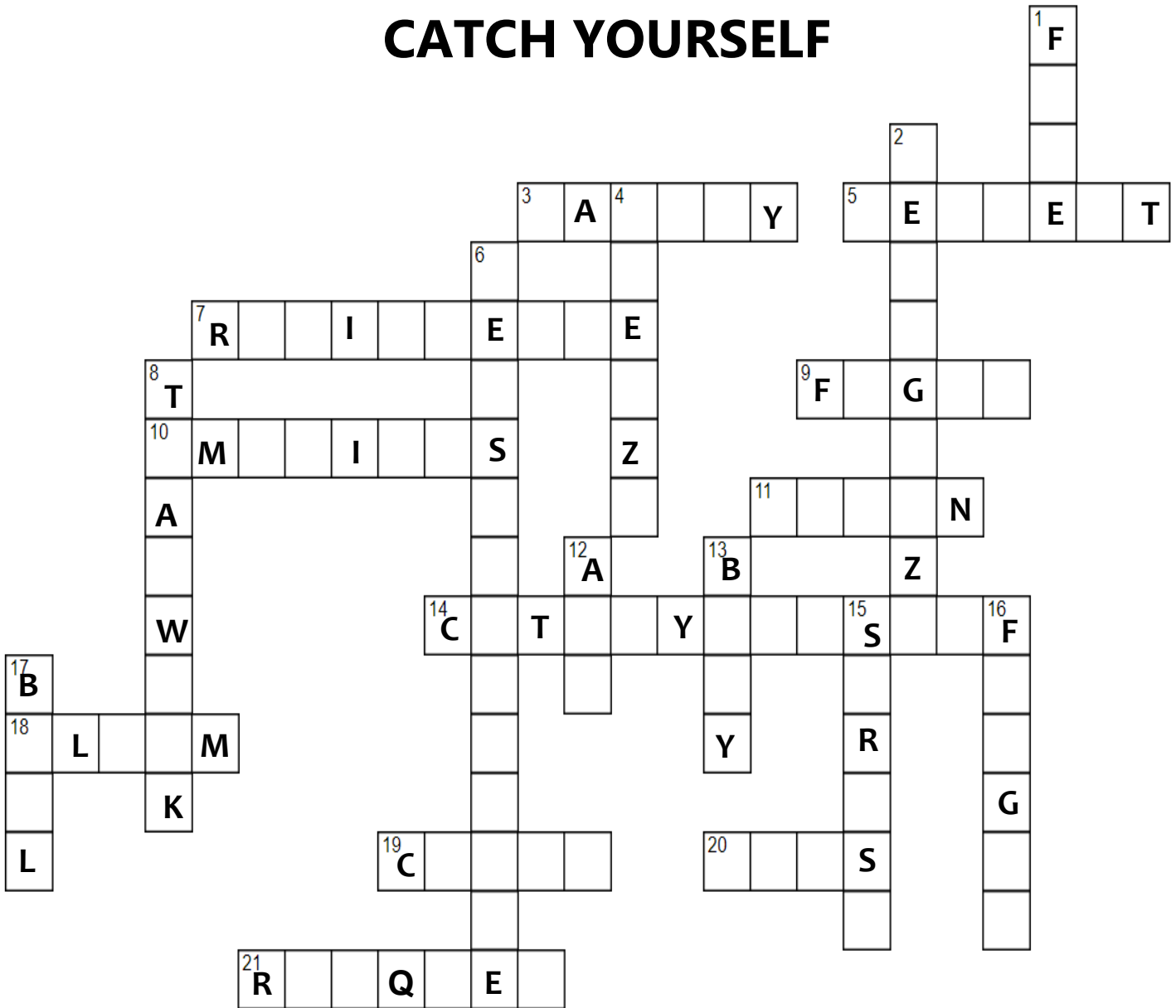


# CATCH YOURSELF



## ACROSS

3. feeling secure and protected
5. to be consider of others
7. ability to recover from adversity and stressful live events
9. brain's response to react negatively
10. things you are catching
11. part of the body that creates emotions
14. stop yourself before you react on emotions
18. a ringing siren or a signal
19. **peak team** acronym
20. to throw a ball
21. a piece of tennis equipment

## DOWN

1. number of steps in **CRAFT** process
2. to notice or perceive
4. brain's response to not move; be numb
6. the physical space between you and another person
8. working with others
12. catch yourself before you \_\_\_\_
13. where we feel brain alarm
15. your body's response to change
16. brain's response to run away
17. used to play catch