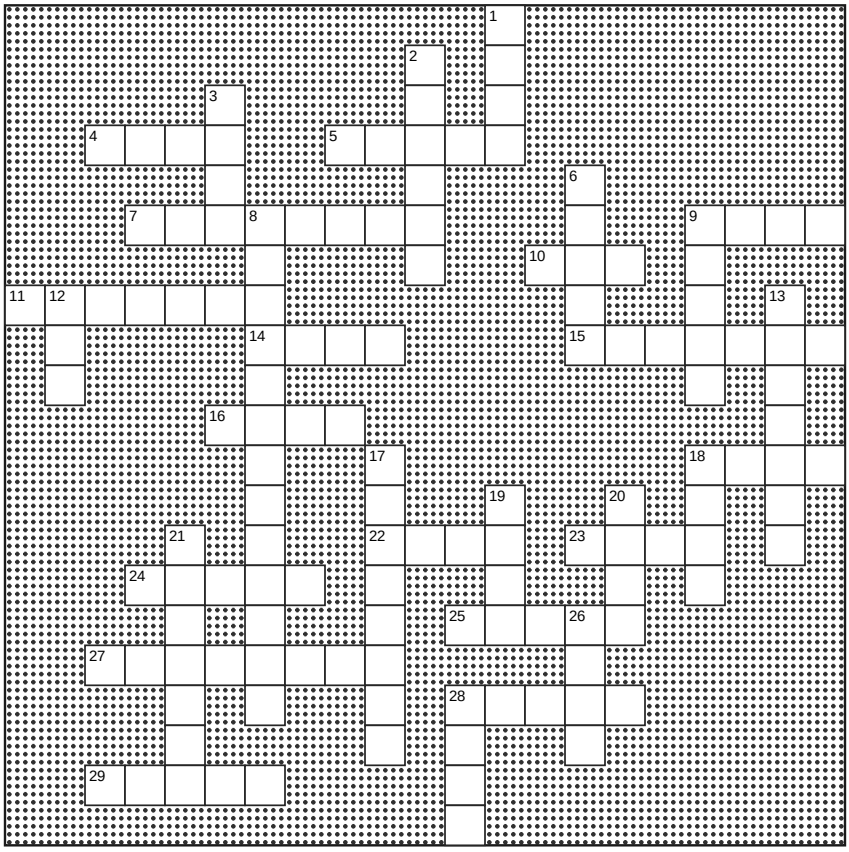
Biopsychosocial mess



Across

4. The biopsychosocial model looks at many parts of a person's ____.

5. Thoughts about something that might go wrong.

7. Changes in the body or mind that a person notices or experiences.

9. Things that happened before now.

10. The part of biopsychosocial that means the body and brain.

11. The body-and-brain part of the biopsychosocial model.

14. Feeling less worried, upset or tense.

15. When ·I·m tired· feels like a serious understatement.

16. One part of a person's social life.

18. How you are feeling emotionally.

22. Help given to someone who needs it.

23. The body's least subtle way of asking for attention.

24. Part of the nervous system found inside your head.

25. A time when symptoms become worse for a while.

27. A neurological condition that commonly occurs alongside FND.

28. FND does not have one known simple one.

29. One part of the body's message system.

Down

1. Pain, illness and injury can affect this.

2. The thing that can make your nervous system act like it has 37 browser tabs open.

3. A group of people working together to help someone.

6. Losing work, health or independence can bring difficult feelings.

8. Thoughts, feelings, stress and ways of coping.

9. A sudden, very strong feeling of fear.

12. A simple word for being sick or unwell.

13. One part of the social part of the biopsychosocial model

17. Improvement in health, symptoms or ability over time.

18. Where thoughts happen, worries multiply, and grocery lists vanish.

19. To notice an emotion or a body sensation.

20. Feeling protected from danger or harm.

21. Something that may set off or worsen symptoms in some people.

26. Taking a break from activity.

28. What we try to do when life refuses to behave.

Word bank

BIO | BIOLOGY | BODY | BRAIN | CALM | CARE | CAUSE | COPE | FATIGUE | FEEL | FLARE | GRIEF | ILL | LIFE | MIGRAINE | MIND | MOOD | NERVE | PAIN | PANIC | PAST | PSYCHOLOGICAL | RECOVERY | REST | SAFE | STRESS | SUPPORT | SYMPTOMS | TEAM | TRIGGER | WORK | WORRY