

Answer Sheet

- Activity 1:** Happiness, Smiling, Gratitude, Thoughtful, Commit, Belong, Positive
Organisation's name: Muswellbrook Healthy & Well
- Activity 2:** 1. Open, 2. Mentally, 3. Euphoric, 4. Smile, 5. Gratitude
Mystery Word: Optimistic
- Activity 3:** Ecstatic, Positive, Optimistic, Outlook, Life, Meaning, Cognitive, Thoughts, Sociable, Acceptance, Confidence, Commitment
- Activity 4:** Rest, Silent, Listen
Generated word: Resilient
- Activity 7:** **ACROSS:** 2. Healthy, 3. Optimistic, 5. Outlook, 6. Community, 7. Active, 8. Socially, 10. Creative, 13. Gratitude, 14. Friend, 15. Games, 18. Negativity, 19. Weights
DOWN: 1. Volunteer, 4. Commit, 9. Belong, 10. Challenge, 11. Smile, 12. Resilience, 16. Sports, 17. Stress
- Activity 8:** *Campaign name:* Act-Belong-Commit
- Activity 9:** **T:** Regular physical activity increases the levels of certain mood chemicals in the brain so activities such as walking, cycling, or swimming can help to keep you mentally healthy.
F: The more effort we invest into our personal and professional pursuits, the more satisfaction we experience as a result. Putting effort into such pursuits is a way of 'committing'.
T: Three ways that we can 'act' are either socially, physically and cognitively. Socially: we can meet with friends. Physically: we could go for a run or do a group fitness class. Cognitively: we can do a cross word or Sudoku.
T: Being active can improve our mood and lift our spirits, ensuring we stay in good mental health.
T: Being a member of a group or friendship network is a great way to make us feel wanted and satisfies our biological need to belong.
T: Committing to a good cause makes us feel good about ourselves and gives us a sense of purpose and meaning, which helps to keep us mentally healthy.
F: Doing crosswords, puzzles and Sudoku can be fun and challenging ways to keep our brains active.

Activity 10:

2	6	4	3	8	1	7	9	5
8	5	7	2	6	9	3	4	1
3	9	1	7	5	4	6	8	2
9	3	8	6	4	2	5	1	7
4	7	6	5	1	3	8	2	9
1	2	5	8	9	7	4	3	6
5	8	9	4	2	6	1	7	3
6	1	3	9	7	8	2	5	4
7	4	2	1	3	5	9	6	8