Name: _____ Date: _____

Mental Health Vocabulary

Stress-management skills
Mental/emotional Health
Constructive Criticism
Hierarchy of needs
Defense mechanisms
Self-actualization
Personal identity
Grief response
Chronic stress
Suppression
Personality
Alienation
Resiliency
Depression
Perception
Hostility
Mourning
Stressor
Emotions
Modeling
Suicide
Anxiety
Empathy
Coping
Stress

S	L	L	I	K	S	T	N	E	M	E	G	A	N	A	M	S	S	E	R	T	S	/	C
/	D	R	/	K	T	T	L	Y	U	A	N	P	G	R	M	U	Y	D	Y	F	/	/	H
I	E	S	G	E	O	Z	K	T	C	X	V	C	H	H	K	O	X	N	K	C	M	T	
C	F	N	H	X	Y	V	D	X	I	H	S	F	G	N	/	X	U	M	D	T	T	L	G
O	E	O	G	X	T	M	I	E	S	K	K	E	U	X	A	U	L	R	T	G	U	H	F
N	N	I	N	K	I		T	E	V	R	R	I	N	Z	O	V	S	O	N	O	G	G	L
S	S	T	I	N	T	Y	E	H	T	P	I	D	T	G	N	I	P	O	C	I		T	S
T	E	P	L	A	N	D	C	H	R	O	N	I	C	S	T	R	E	S	S		N	/	T
R	M	E	E	L	E	Y	D	L	R	Z	P	Y	S	M	H	T	X	/	E	U	M	G	N
U	E	C	D	I	D	M	U	E	O	P	V	U	I	N	/	M	S	U	I	L	F	V	U
C	C	R	O	E	I	A	R	Z	P	U	G	/	P	L	O	I	V	A	X	K	E	Y	I
T	H	E	M	N	L	S	O	I	D	R	V	R	P	E	G	I	L	T	A	I	H	O	N
I	A	P	T	A	A	F	A	L	U	D	E	V	I	E	R	H	T	R	G	T	R	R	U
V	N	E	L	T	N	F	S	T	R	E	S	S	X	E	R	S	X	O	A	I	N	H	R
E	I	S	X	I	O	Z	N	M	N	/		E	S	Y	F	D	O	P	M	N	O	M	E
C	S	M	K	O	S	G	C	N	N	N	C	S	Y	I	I	R	M	N	Z	E	Y	T	K
R	M	Z	S	N	R	S	T	R	E	S	S	O	R	P	O	E	E	F	A	A	V	M	P
I	S	X	U	O	E	S	U	P	P	R	E	S	S	I	O	N	E	S	F	L	S	H	C
T	V	E	I	D	P	U	R	E	S	I	L	I	E	N	C	Y	Z	E	P	H	I	D	X
I	D	O	C	H	G	D	V	H	O	S	T	I	L	I	T	Y	D	/	/	O	L	T	U
C	S	E	I		X	N	Z	G	O	S	O	M	S	L	N	C	X	R	L	G	N	U	Y
I	E	O	D	L		S	D	E	E	N	F	O	Y	H	C	R	A	R	E	I	H	S	Y
S	M	V	E	E	E	N	O	I	T	A	Z	I	L	A	U	T	C	A	F	L	E	S	E
M	H	T	L	A	E	H	L	A	N	O	I	T	O	M	E	/	L	A	T	N	E	M	L