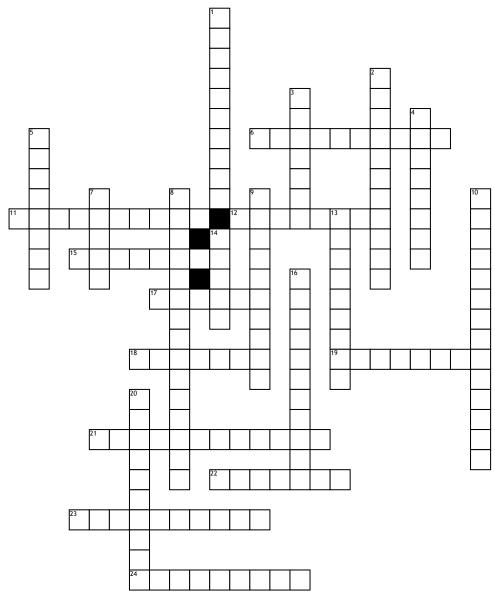
Name:	Date:	Period:

Health Crossword Puzzle- Chapter 5



Across

- **6.** having a positive attitude about the future
- 11. a hormone that increases the level of sugar in the blood, giving your body extra energy
- **12.** a suggestion to seek help or information from another person or place
- **15.** how you act
- 17. the body's response to real or imagined dangers or other life events
- 18. the act of killing oneself on purpose
- 19. feelings such as love, joy, or fear
- **21.** extreme fears of real or imaginary situations that get in the way of normal activities
- **22.** identifying with and sharing another person's feelings

- **23.** the ability to recover from problems or loss
- 24. sources of stress

Down

- 1. belief in your ability to do what you set out to do
- **2.** a combination of your feelings, likes, dislikes, attitudes, abilities, and habits
- 3. tiredness
- **4.** stress that prevents you from doing what you need to do, or stress that causes you discomfort
- **5.** the passing of biological traits from parents to children
- 7. a natural reaction to feeling threatened

- **8.** extreme fears of real or imaginary situations that get in the way of normal activities
- 9. how you feel about yourself
- 10. stress that can help you reach your goals
- **13.** places to get information, support, and advice
- 14. a normal, healthy reaction to loss
- 16. the way you view yourself overall
- **20.** frequent changes in emotional state