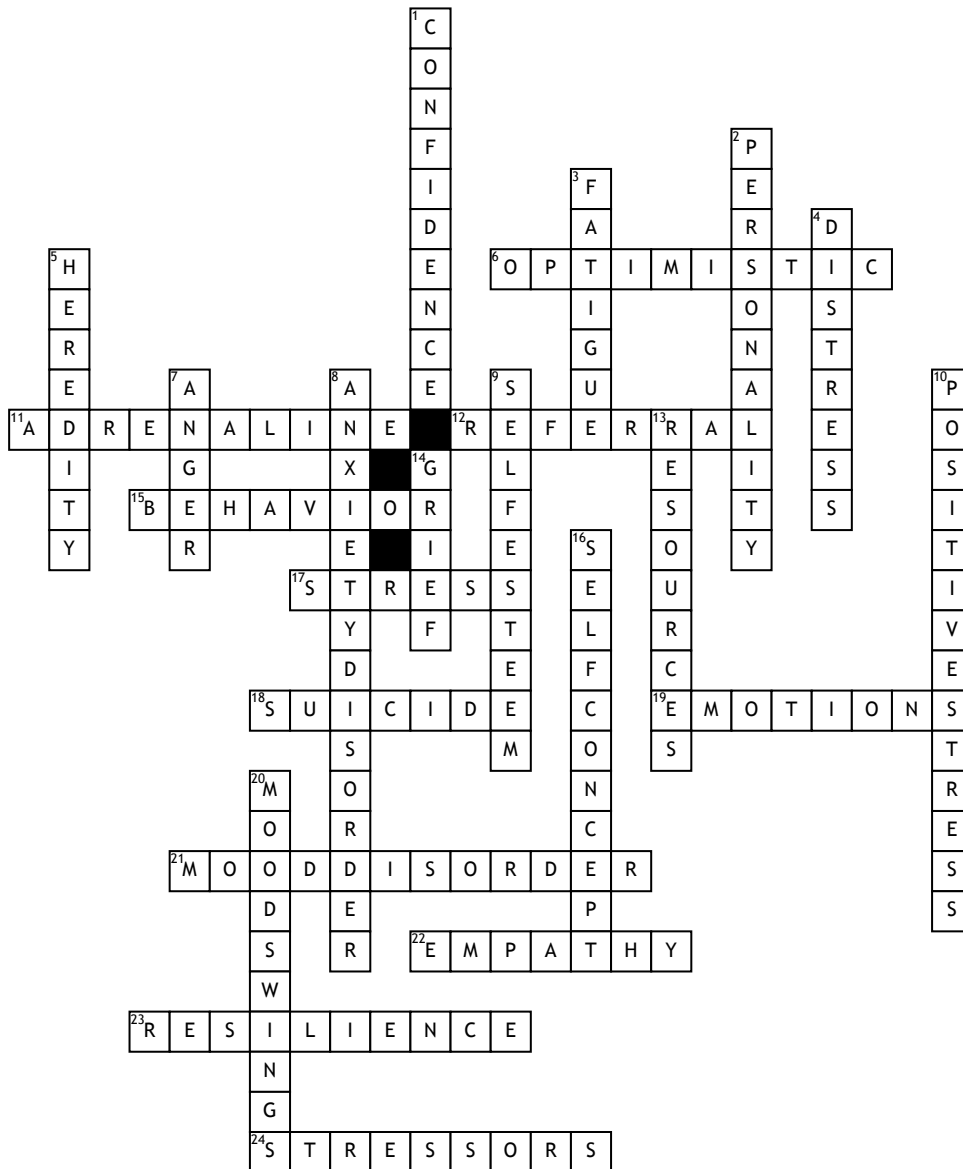


Name: _____ Date: _____ Period: _____

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