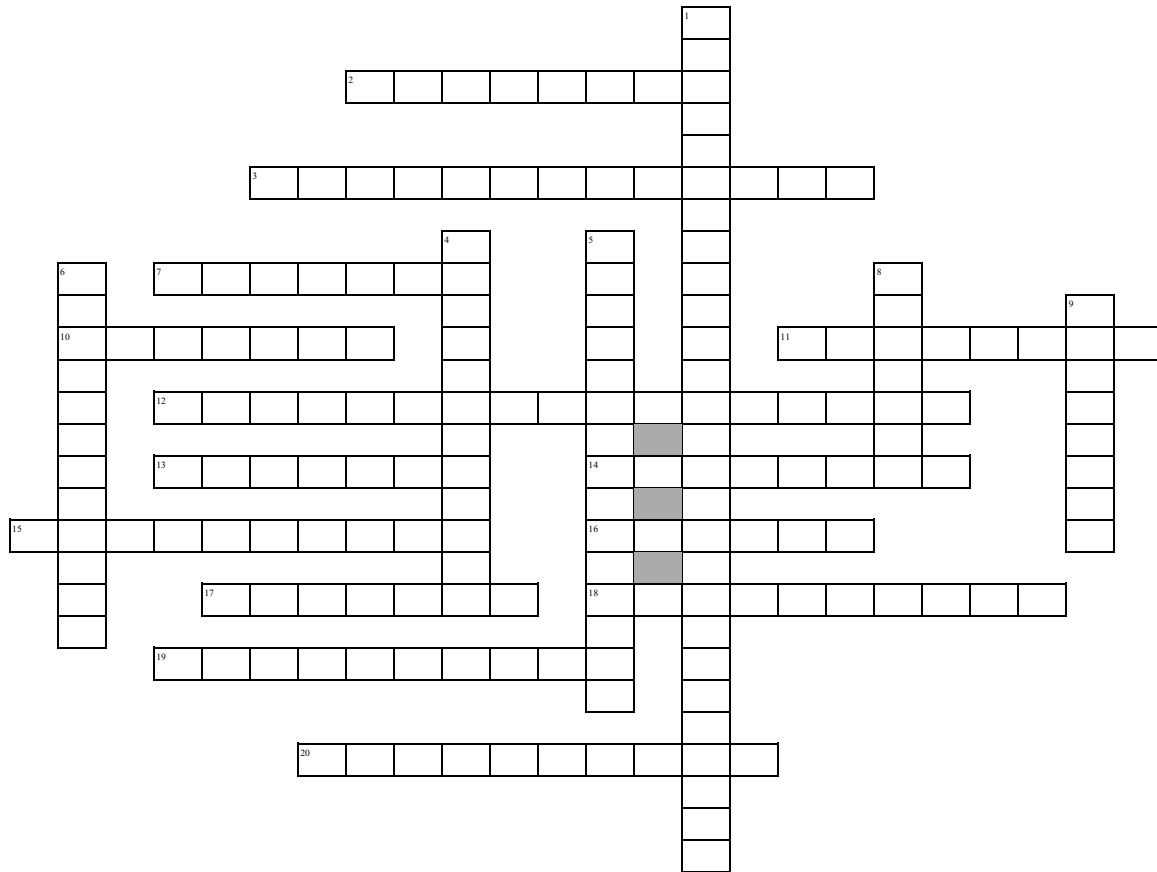


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Health



## Across

2. a positive form of stress having a beneficial effect on health, motivation, performance, and emotional well-being
3. An act or interest of transmitting
7. the act or an instance of taking one's own life voluntarily and intentionally
10. a type of anxiety disorder, defined by a persistent fear of an object or situation
11. prolonged and usually abnormal inability to get enough sleep
12. the process of fully developing and using one's abilities
13. The affective aspect of consciousness
14. to disturb the regular or normal functions
15. Fight or flight response to stress
16. the burden on one's emotional or mental well-being created by demands on one's time
17. an emotion characterized by an unpleasant state of inner turmoil
18. able to revert to original size and shape after being stretched, squeezed, or twisted
19. marked by obtrusive energy and self-assertiveness
20. a state of feeling sad

## Down

1. a mental disorder that can develop after a person is exposed to a traumatic event
4. The mental image one has for oneself
5. any of several psychological disorders of mood characterized usually by alternating episodes of depression and mania
6. abnormal anxiety about one's health
8. lacking in energy or will
9. A state of great suffering of body or mind