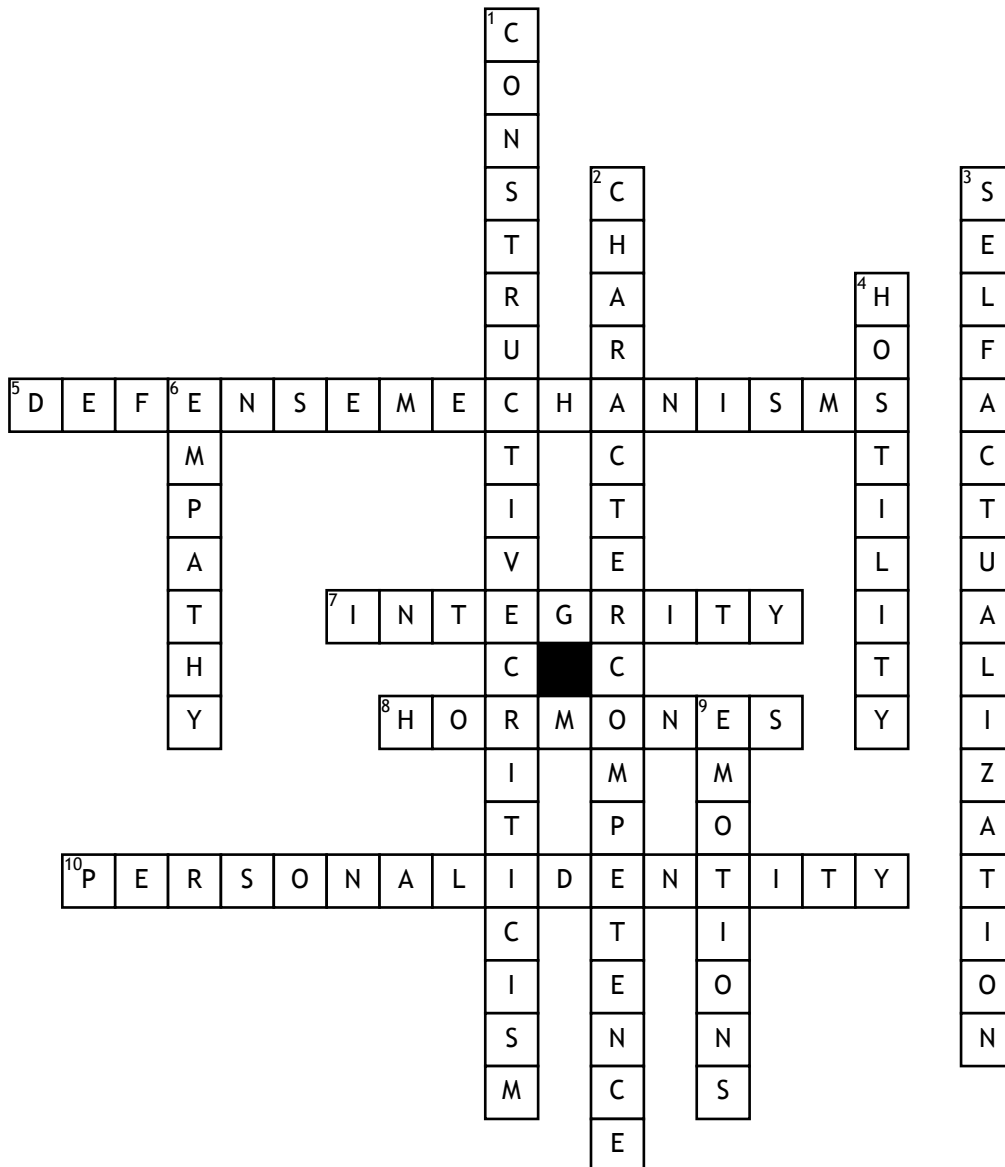


Name: \_\_\_\_\_

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

# Mental and Emotional Health



## Across

5. Mental processes that protect individuals from strong or stressful emotions
7. a firm observance of core ethical values
8. chemicals secreted by glands that can impact emotions
10. your sense of self

## Down

1. Non-hostile comments that encourage you to improve

2. qualities that describe how a person thinks, feels, and behaves
3. striving to become the best you can be
4. intentional use of unfriendly or offensive behavior
6. ability to understand how another person feels
9. signals that tell your body and mind how to act