Mental and Emotional Health

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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

<u>Down</u>

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