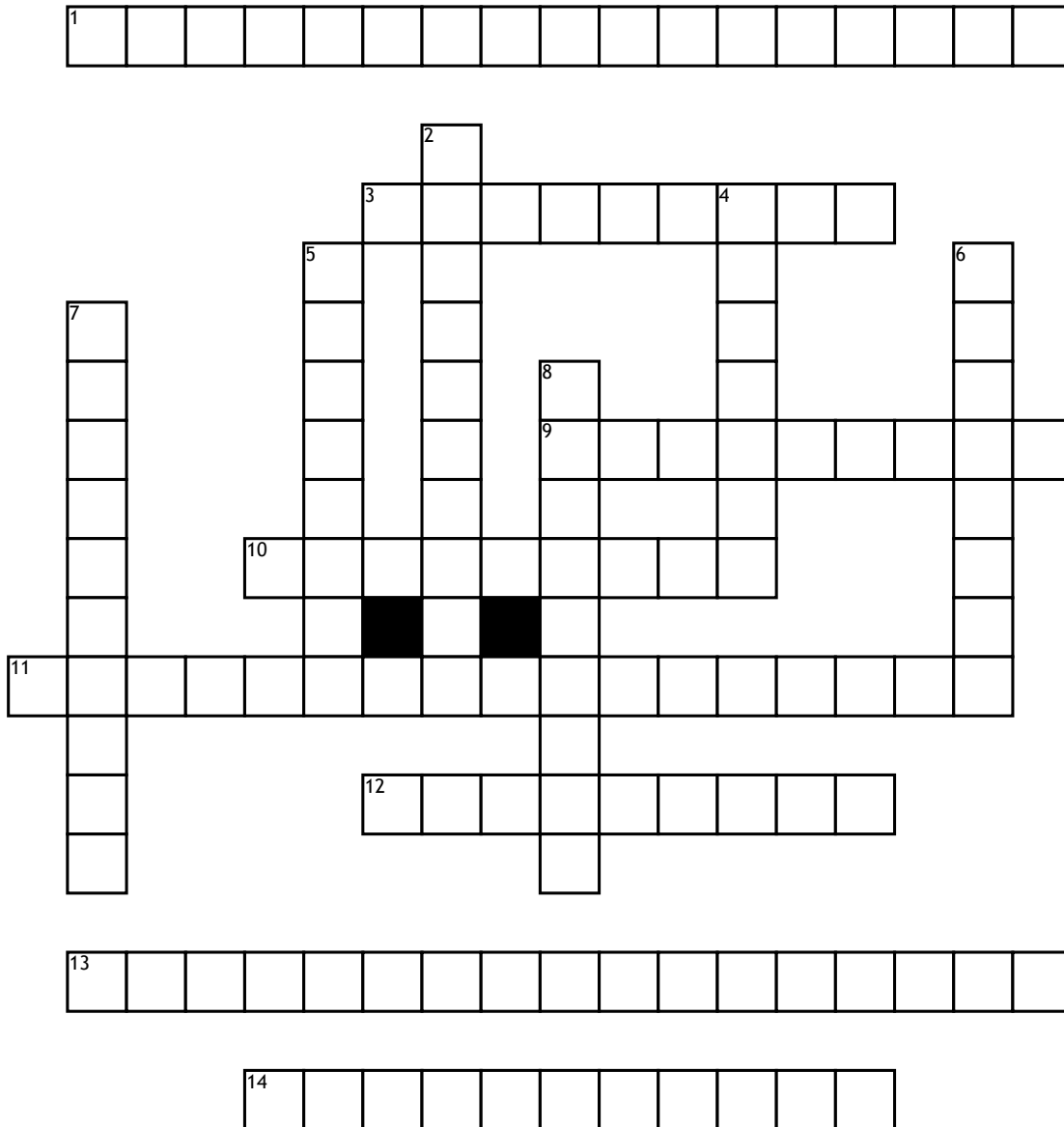


Name: \_\_\_\_\_

# Mental & Emotional Health



## Across

- 1. Your sense of yourself as a unique individual
- 3. The ability to adapt effectively and recover from disappointment
- 9. The intentional use of unfriendly or offensive behavior
- 10. A firm observance of core ethical value
- 11. Mental processes that protect individuals from strong or stressful emotions and situations

- 12. Someone whose success or behavior serves as an example for you

- 13. To strive to become the best you can be
- 14. A complex set of characteristics that make you unique

## Down

- 2. How much you value, respect, and feel confident about yourself
- 4. The ability to imagine and understand how someone else feels

- 5. Chemicals produced by your glands that regulate the activities of different body cells
- 6. Signals that tell your mind and body how to react
- 7. Having enough skills to do something
- 8. The distinctive qualities that describe how a person thinks, feels, and behaves