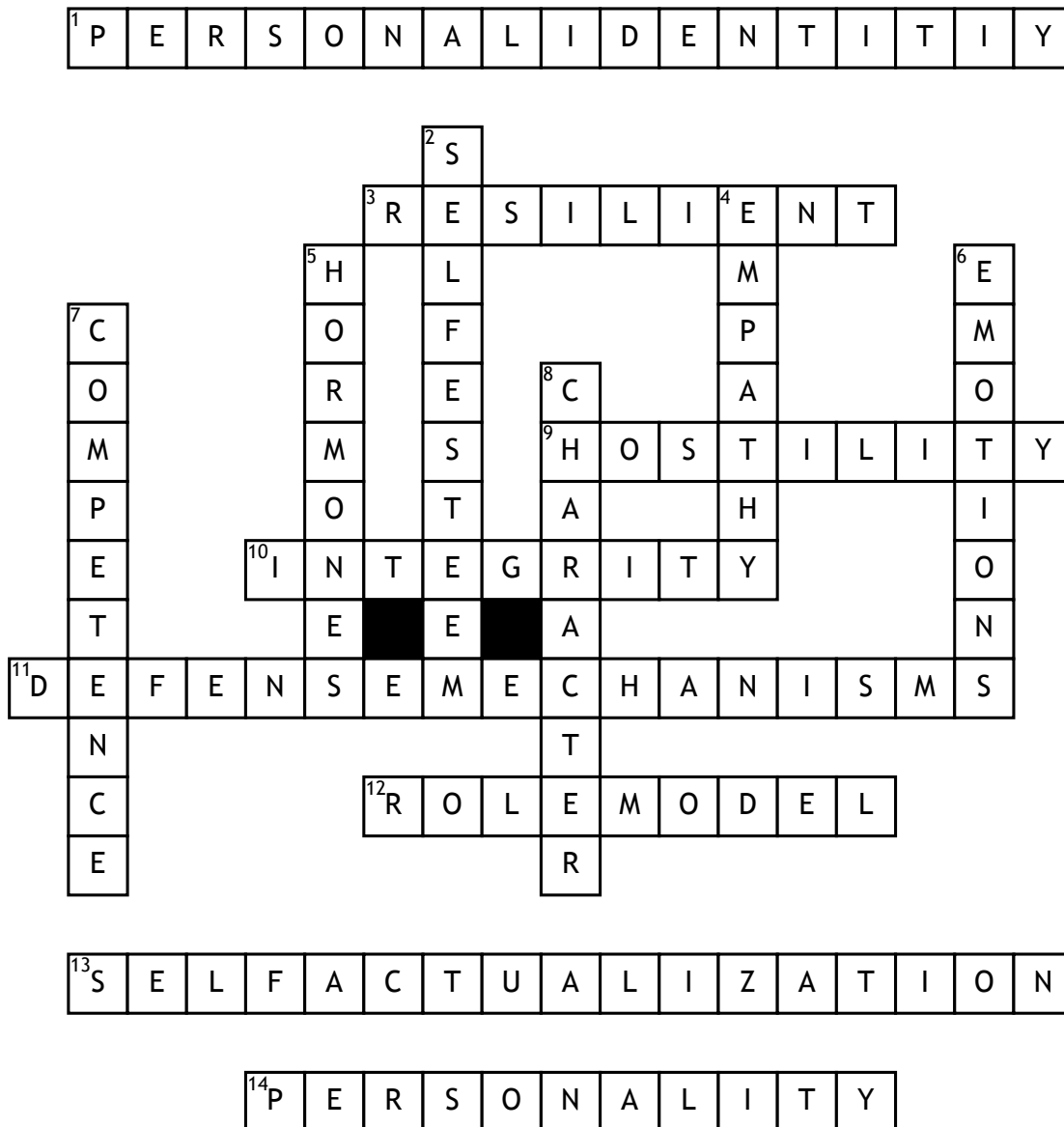


Name: \_\_\_\_\_

# 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 international use of unfriendly or offensive behavior
10. A film 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