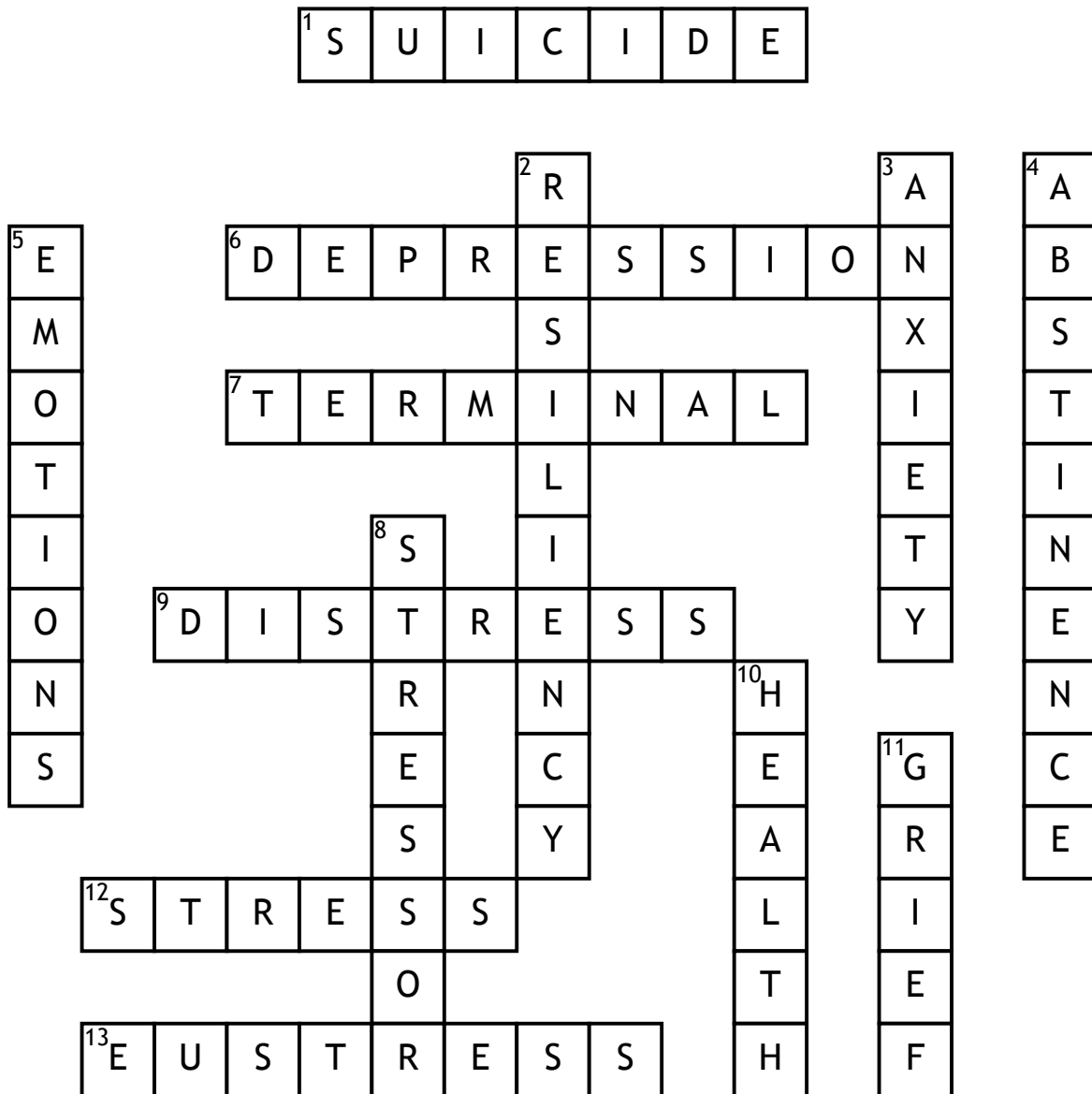


# Mental and Emotional Health



## Across

1. Intentional taking of one's own life
6. Feeling of being sad, unhappy, or discouraged
7. An illness that is incurable
9. Negative stress
12. Response of the body to the demands of daily living
13. Positive stress

## Down

2. Being able to bounce back
3. Feeling of dread, similar to fear
4. Choosing not to engage in any risk behaviors
5. Are feelings
8. Is a source or cause of stress

10. Quality of life that includes physical, mental, and emotional, family and social
11. Discomfort and sadness caused by loss