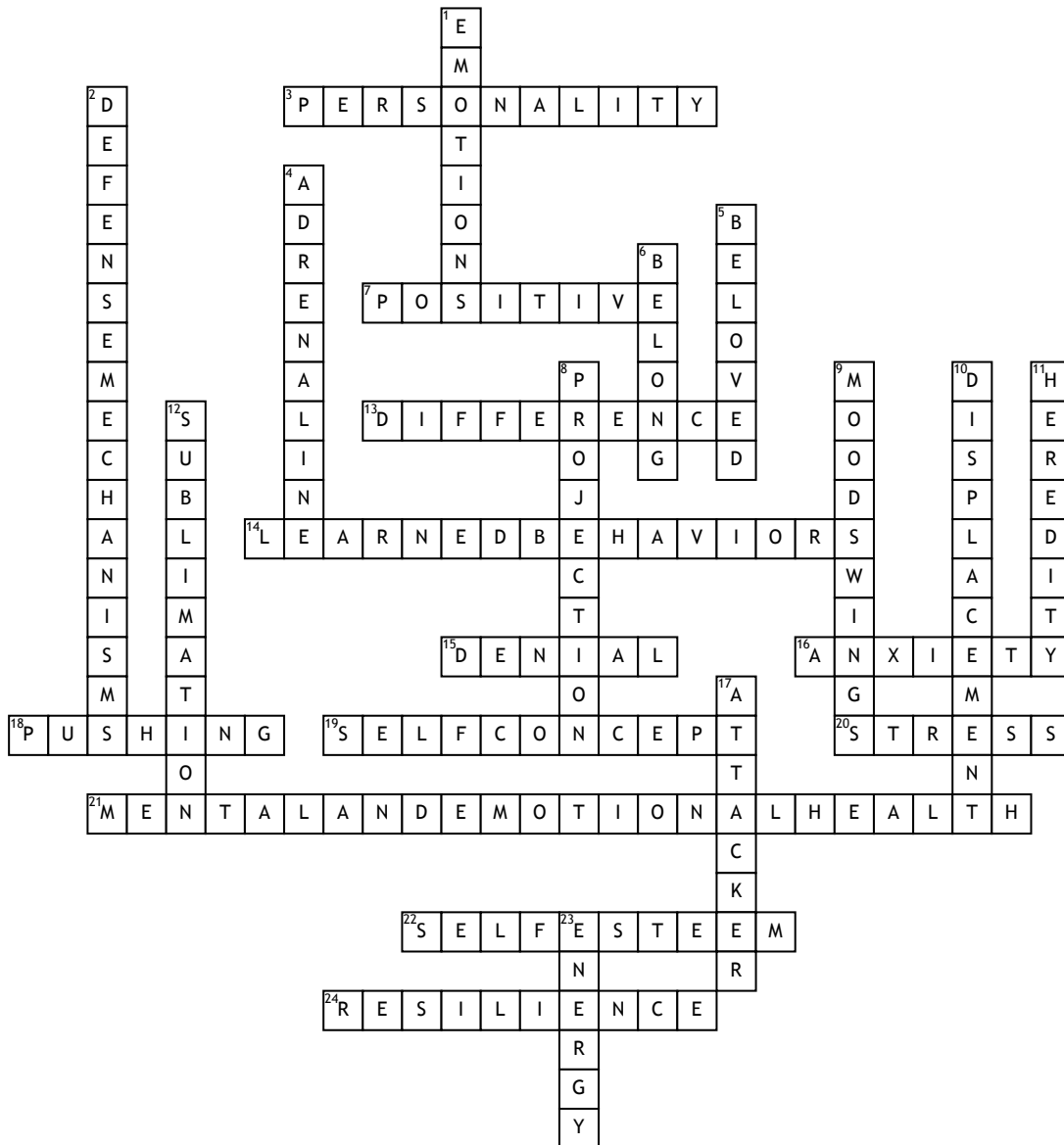


Name: \_\_\_\_\_ Date: \_\_\_\_\_ Period: \_\_\_\_\_

# Mental & Emotional Health



## Across

3. A combination of your feelings, likes, dislikes, attitudes, abilities, and habits

7. Having a \_\_\_\_\_ attitude

13. The need to make a \_\_\_\_\_ in the world

14. habits developed from other influences such as family and culture, friends and peers, and media and technology.

15. refuse to face a feeling you don't want to accept.

16. a state of uneasiness. It is a form of stress

18. Anger can be useful by \_\_\_\_\_ yourself to do better

19. The way you view yourself overall, it may also be described as self-image

20. the body's normal response to the pressures of everyday life.

21. The ability to handle the stresses and changes of everyday life in a reasonable way.

22. How you feel about yourself; confidence

24. The ability to recover from problems or loss

## Down

1. feelings such as love, joy, or fear

2. strategies that people use to deal with strong emotions.

4. A hormone that increases the level of sugar in the blood which gives you more energy.

5. The need to love and \_\_\_\_\_ by others

6. the need to \_\_\_\_\_

8. you pretend someone else is having these feelings

9. frequent changes in emotional state

10. taking your feelings out on someone other than the person who hurt you

11. Inherited traits from your biological parents.

12. redirecting your feelings into some other, more positive activity

17. Anger can be helpful when you are trying to fight off a(n) \_\_\_\_\_

23. Mild anxiety can give you \_\_\_\_\_