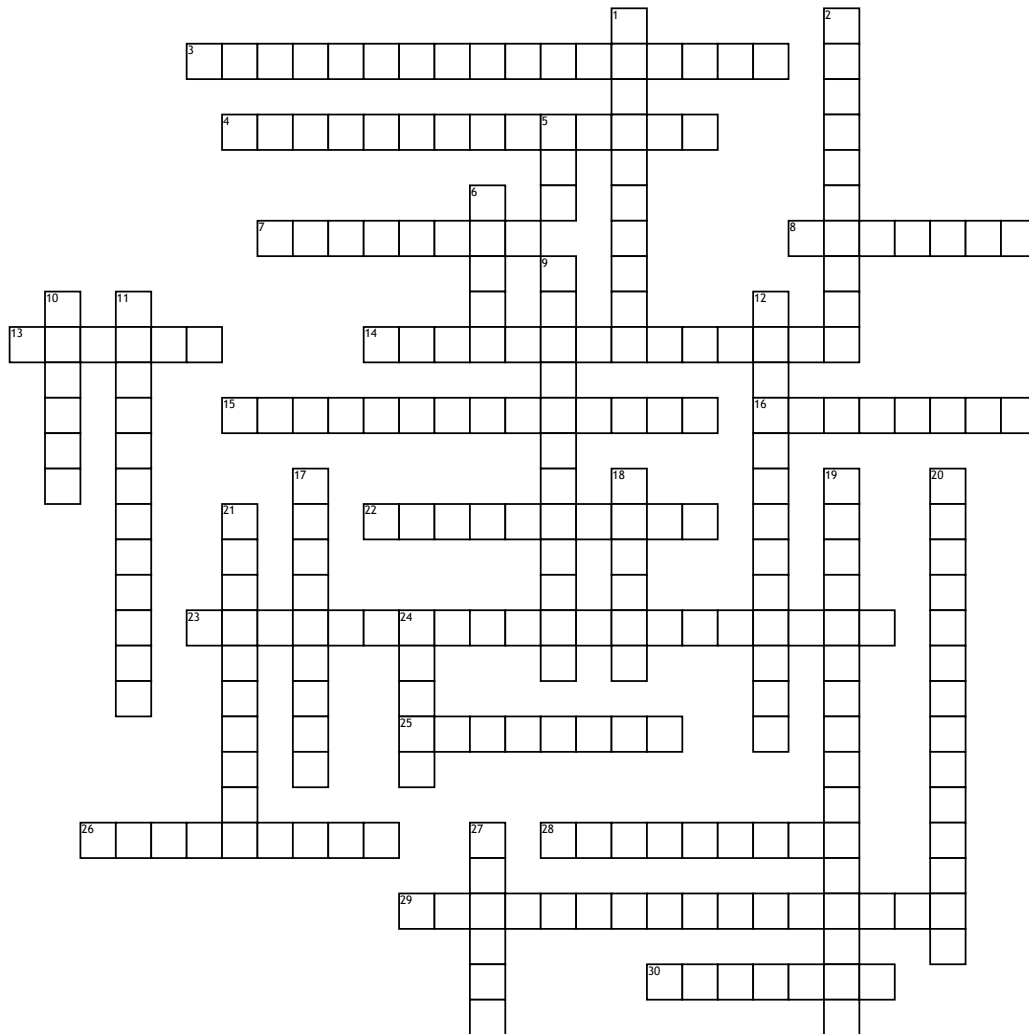


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Mental Health, Conflict Resolution & Safety



## Across

3. \_\_\_\_\_ can be anything from on yourself to talking to a friend.
4. It's important to maintain good \_\_\_\_\_ in order to encourage the healing of our mental health.
7. One of the most important things to remember when talking about mental health is that \_\_\_\_\_ is possible.
8. \_\_\_\_\_ is one of the most addictive drugs there is.
13. includes the right to worry about being victimized as well as actual incidents.
14. refers to the freedom from physical harm and threat of physical harm, and freedom from hostility, aggression, harassment, and devaluation by others.
15. overindulgence in or dependence on an addictive substance, especially alcohol or drugs.
16. \_\_\_\_\_ use of high levels of pesticides can cause birth defects, nerve damage, and cancer.
22. (BPA) a chemical often used in plastic water bottles, appears to mimic the effects of estrogen and may interfere with hormone levels and increase human risk for reproductive disorders
23. include your air quality, water source, food source and quality, electromagnetic fields and sounds/visual pollution.

25. In some situations, just \_\_\_\_\_ without a lot of arguing and explaining is the best response.
26. UVR causes \_\_\_\_\_. A cloudy area on or within the lens of the eye that reduces vision.
28. Wearing \_\_\_\_\_, not only prevents you from getting sunburns, but also protects from the damage to your skin the sun can cause.
29. \_\_\_\_\_ is conflict that occurs outside of the person.
30. \_\_\_\_\_ use remains the single largest preventable cause of death and disease in the United States.
- Down**
1. \_\_\_\_\_ factors, such as genes or brain chemistry can contribute to mental health.
2. \_\_\_\_\_ can negatively impact your personal environmental health.
5. an acronym for Electromagnetic Field Exposure.
6. Smoking, drinking, or using \_\_\_\_\_ more than usual are all signs to look for when dealing with mental health issues.
9. \_\_\_\_\_ includes our emotional, psychological, and social well-being.
10. the importance, worth, or usefulness of something.

11. social pressure by members of one's peer group to take certain action, adopt certain values, or otherwise conform in order to be accepted.
12. Peoples actions such as \_\_\_\_\_ and getting enough sleep has been proven to help enhance and improve our mental wellbeing.
17. Our environment affects our \_\_\_\_\_ as well as our physical health.
18. are the rules that govern which actions are right and which are wrong.
19. A conflict inside oneself often referred to as an \_\_\_\_\_.
20. \_\_\_\_\_ can often be an action of peer pressure.
21. the uncontrolled growth of abnormal skin cells.
24. Visual "\_\_\_\_\_" increases stress. A cluttered, dirty, or confusing environment can cause us to feel worried, sad, or helpless.
27. Poor air quality can lead to the development of chronic conditions like \_\_\_\_\_ and allergies.

## Word Bank

Asthma  
Drugs  
Biological  
Substance Abuse  
EMF  
Sunscreen

Environmental Factors  
Emotional  
Physical Health  
Saying NO  
Internal Conflict  
Morals

Bisphenol A  
Noise  
Recovery  
Personal Safety  
Air Quality  
Healthy Eating

Tobacco  
Skin Cancer  
Alcohol  
Sexual Activity  
Values  
Long-term

Peer Pressure  
Cataracts  
Mental Health  
Distracted Driving  
Safety  
External Conflict