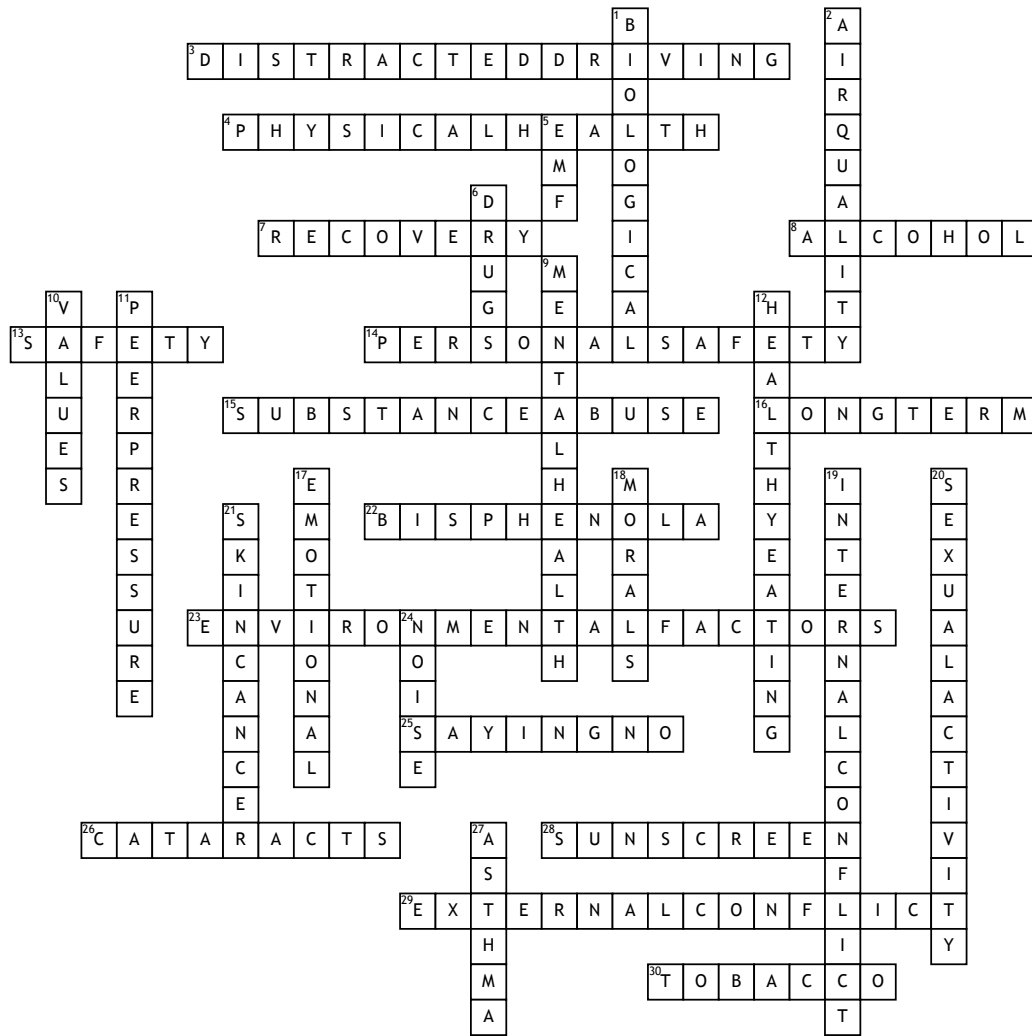


Name: _____

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

Peer Pressure
Bisphenol A
Values
Substance Abuse
Sexual Activity
Asthma

Saying NO
Distracted Driving
Mental Health
Environmental Factors
Safety
Morals

Recovery
Biological
Personal Safety
Skin Cancer
Alcohol
Drugs

EMF
Healthy Eating
Cataracts
Noise
Physical Health
Emotional

Long-term
Air Quality
Sunscreen
Tobacco
Internal Conflict
External Conflict