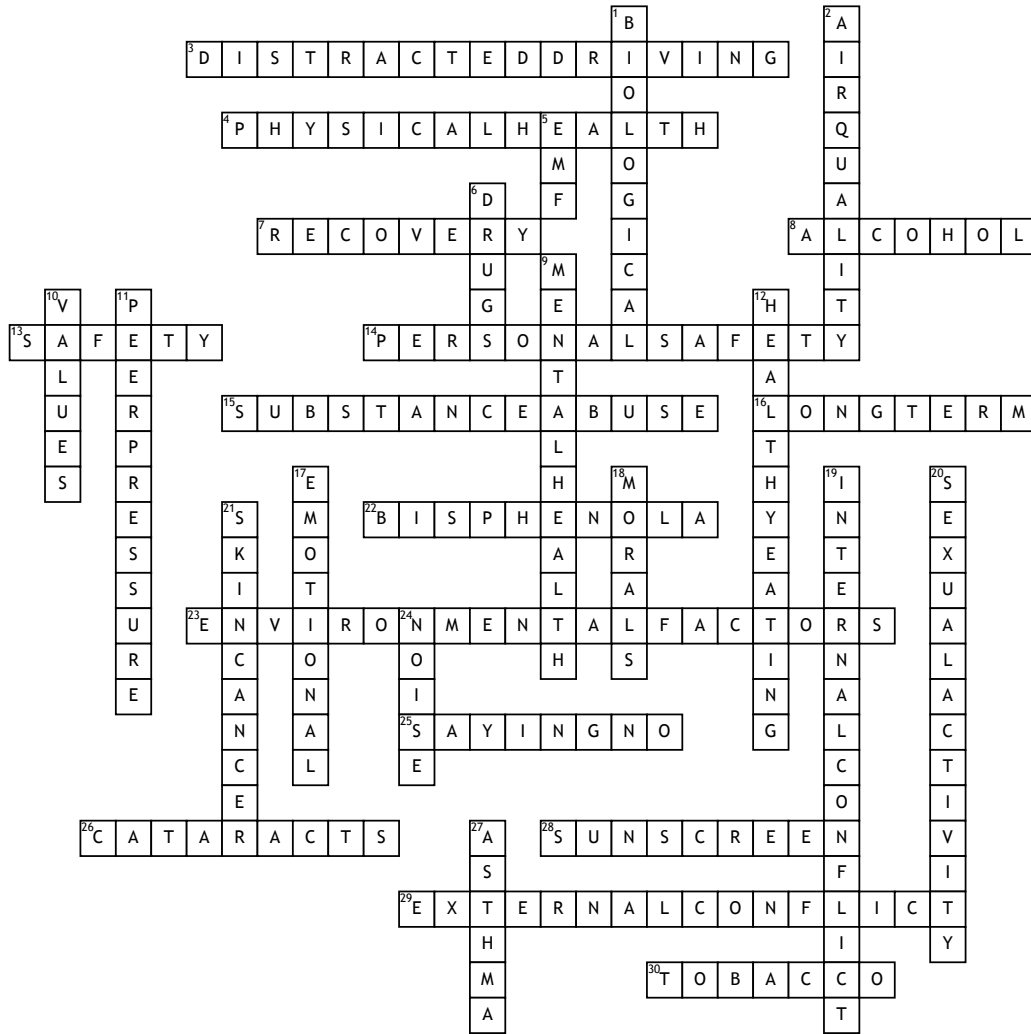


# Mental Health, Conflict Resolution & Safety



**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         | Cataracts         | Recovery          | Air Quality        | Sunscreen     |
| Morals                | Bisphenol A       | Healthy Eating    | Emotional          | EMF           |
| Environmental Factors | Internal Conflict | Alcohol           | Tobacco            | Mental Health |
| Substance Abuse       | Long-term         | Values            | Drugs              | Asthma        |
| Safety                | Biological        | External Conflict | Distracted Driving | Saying NO     |
| Physical Health       | Skin Cancer       | Personal Safety   | Sexual Activity    | Noise         |