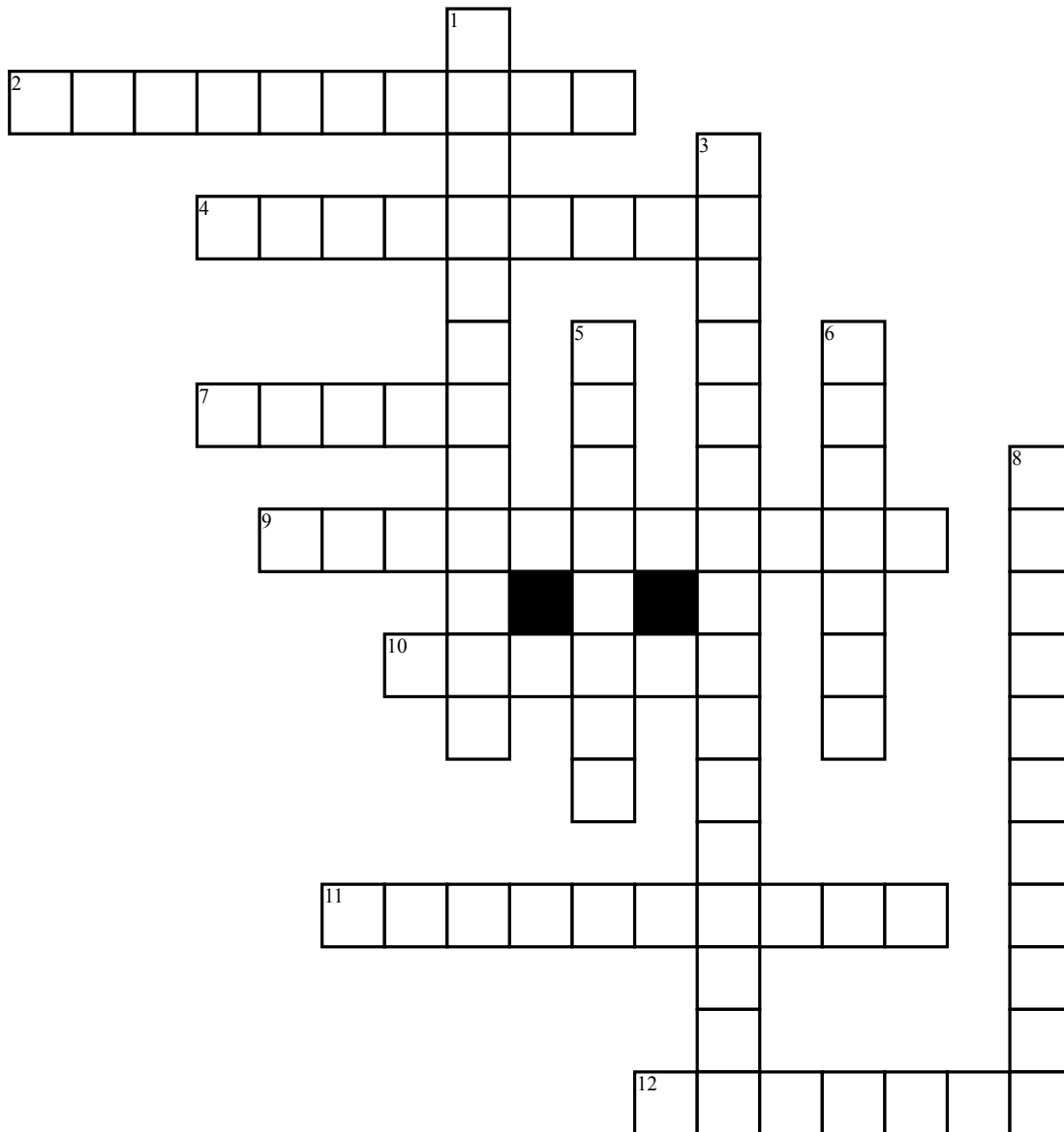


Name: _____

Date: _____

mental health



Across

2. mentally healthy people have the ability to see events _____
4. how you see and feel about appearance and your body
7. _____ can alert you when you are acting about your values

9. a state of mental well-being in which you can cope with daily life
10. mentally healthy people can _____ failures and frustrations
11. a feeling of being emotionally isolated
12. an _____ is a feeling produced in response to life experiences

Down

1. fear can be _____ and protect you from danger
3. an unconscious thought or behavior used to avoid unpleasant emotions
5. _____ is often caused by fear
6. mentally healthy people have a sense of _____
8. anger often results from _____