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Chapter 5 Vocabulary

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| **Across****3.** the ability to handle the stresses and changes of everyday life in a reasonable way**6.** belief in your ability to do what you set out to do**11.** having a positive attitude about the future**15.** sources of stress**17.** the body's ways of responding to threats**18.** happiness, anger, love, joy, and fear are all examples of **20.** a hormone that increases the level of sugar in the blood, giving your body extra energy**21.** places to get information, support, and advice**22.** the body's response to real or imagined danger or other life events**23.** frequent changes in emotional state**24.** stress that can help you reach your goals | **Down****1.** a suggestion to seek help or information from another person or place**2.** illnesses that affect a person's thoughts, feelings, and behavior**4.** feelings such as love, joy, or fear**5.** goals that are reasonable to accomplish**7.** tiredness**8.** the way you view yourself overall**9.** stress that prevents you from doing what you need to do, or stress that causes you discomfort**10.** a combination of your feelings, likes, dislikes, attitudes, abilities, and habits**12.** identifying with and sharing another person's feelings**13.** the way you view yourself overall**14.** a normal, healthy reaction to a loss**16.** identifying with and sharing another person's feelings**19.** a natural reaction to feeling threatened |