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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 |