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Healthy Living-Mental and Emotional Health

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| **Across****2.** How a person thinks about themselves **10.** An action that can harm you or others**11.** The body's reaction to the demands of daily living**12.** State of body, mind, and feelings**13.** Condition of your mind and ways you express feelings**14.** A statement that contains specific behavior, even on you, feelings that result | **Down****1.** The pressure people of similar age put on you to behave in a certain way**3.** Condition of your body**4.** Sharing of feelings, thoughts, and information with another person**5.** A statement that blames or shames someone**6.** Condition of your relationships with others**7.** Emotions such as excitement, sadness, and anger**8.** The way in which you live**9.** Feelings of being sad,unhappy, or discouraged |