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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 |