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Mental & Emotional Health

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| **Across****3.** A combination of your feelings, likes, dislikes, attitudes, abilities, and habits**7.** Having a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ attitude**13.** The need to make a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in the world**14.** habits developed from other influences such as family and culture, friends and peers, and media and technology.**15.** refuse to face a feeling you don’t want to accept.**16.** a state of uneasiness. It is a form of stress**18.** Anger can be useful by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ yourself to do better**19.** The way you view yourself overall, it may also be described as self-image**20.** the body’s normal response to the pressures of everyday life.**21.** The ability to handle the stresses and changes of everyday life in a reasonable way.**22.** How you feel about yourself; confidence**24.** The ability to recover from problems or loss | **Down****1.** feelings such as love, joy, or fear**2.** strategies that people use to deal with strong emotions.**4.** A hormone that increases the level of sugar in the blood which gives you more energy.**5.** The need to love and \_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_by others**6.** the need to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**8.** you pretend someone else is having these feelings**9.** frequent changes in emotional state**10.** taking your feelings out on someone other than the person who hurt you**11.** Inherited traits from your biological parents.**12.** redirecting your feelings into some other, more positive activity**17.** Anger can be helpful when you are trying to fight off a(n) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ . **23.** Mild anxiety can give you \_\_\_\_\_\_\_\_\_\_\_\_\_\_ .  |