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Mental & Emotional Health

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| **Across**  **2.** Confidence and pride you have in yourself  **9.** Special mix of traits, feelings, attitudes and habits  **10.** Your ability to deal in a reasonable way with the stresses and changes of daily life.  **11.** Stress that prevents you from doing what you need to do or that causes you discomfort  **12.** Ability to identify and share another person's feelings | **Down**  **1.** Hormone that increases the level of sugar in your blood, thereby giving your body extra energy  **3.** A disorder in which intense fear keeps a person from functioning normally  **4.** Feelings such as love, joy, or fear  **5.** Stress that can help you to accomplish goals  **6.** Extreme tiredness  **7.** Mood disorder involving feelings of hopelessness, helplessness, worthlessness, guilt and extreme sadness  **8.** Able to bounce back from a dissappointment |

   Mental & Emotional Health       resilient       Personality       Self-esteem       Empathy       Emotions       distress       Eustress       adrenaline       Fatigue       anxiety disorder       Depression