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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