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| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_ | Period: \_\_\_\_\_\_\_ |

Mental & Emotional Health

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|  |  |  |  | 2  D |  |  |  |  | 3  P | E | R | S | O | N | A | L | I | T | Y |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  | E |  |  |  |  |  |  |  |  | T |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  | F |  |  |  |  | 4  A |  |  |  | I |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  | E |  |  |  |  | D |  |  |  | O |  |  |  |  |  |  | 5  B |  |  |  |  |  |  |  |  |  |
|  |  |  |  | N |  |  |  |  | R |  |  |  | N |  |  |  |  | 6  B |  | E |  |  |  |  |  |  |  |  |  |
|  |  |  |  | S |  |  |  |  | E |  | 7  P | O | S | I | T | I | V | E |  | L |  |  |  |  |  |  |  |  |  |
|  |  |  |  | E |  |  |  |  | N |  |  |  |  |  |  |  |  | L |  | O |  |  |  |  |  |  |  |  |  |
|  |  |  |  | M |  |  |  |  | A |  |  |  |  |  |  | 8  P |  | O |  | V |  |  | 9  M |  |  | 10  D |  | 11  H |  |
|  |  |  |  | E |  | 12  S |  |  | L |  | 13  D | I | F | F | E | R | E | N | C | E |  |  | O |  |  | I |  | E |  |
|  |  |  |  | C |  | U |  |  | I |  |  |  |  |  |  | O |  | G |  | D |  |  | O |  |  | S |  | R |  |
|  |  |  |  | H |  | B |  |  | N |  |  |  |  |  |  | J |  |  |  |  |  |  | D |  |  | P |  | E |  |
|  |  |  |  | A |  | L |  | 14  L | E | A | R | N | E | D | B | E | H | A | V | I | O | R | S |  |  | L |  | D |  |
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|  |  |  |  | S |  | A |  |  |  |  |  |  | 15  D | E | N | I | A | L |  |  |  | 16  A | N | X | I | E | T | Y |  |
|  |  |  |  | M |  | T |  |  |  |  |  |  |  |  |  | O |  |  |  | 17  A |  |  | G |  |  | M |  |  |  |
|  |  | 18  P | U | S | H | I | N | G |  | 19  S | E | L | F | C | O | N | C | E | P | T |  |  | 20  S | T | R | E | S | S |  |
|  |  |  |  |  |  | O |  |  |  |  |  |  |  |  |  |  |  |  |  | T |  |  |  |  |  | N |  |  |  |
|  |  |  |  | 21  M | E | N | T | A | L | A | N | D | E | M | O | T | I | O | N | A | L | H | E | A | L | T | H |  |  |
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|  |  |  |  |  |  |  |  |  |  | 24  R | E | S | I | L | I | E | N | C | E |  |  |  |  |  |  |  |  |  |  |
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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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_ . |