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Mental and Emotional Health

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| **Across****1.** Intentional taking of one's own life**6.** Feeling of being sad, unhappy, or discouraged**7.** An illenss that is incurable**9.** Negative stress**12.** Response of the body to the demands of daily living**13.** Positive stress | **Down****2.** Being able to bounce back**3.** Feeling of dread, similar to fear**4.** Choosing not to engage in any risk behaviors**5.** Are feelings**8.** Is a source or cause of stress**10.** Quality of life that includes physical, mental, and emotional, family and social **11.** Discomfort and sadness caused by loss |