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

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 |