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mental health

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| **Across**  **2.** mentally healthy people have the ability to see events \_\_\_\_\_  **4.** how you see and feel about appearance and your body  **7.** \_\_\_\_\_ can alert you when you are acting about your values  **9.** a state of mental well-being in which you can cope with daily life  **10.** mentally healthy people can \_\_\_\_\_ failures abd frustrations  **11.** a feeling of being emotionally isolated  **12.** an \_\_\_\_\_ is a feeling produced in response to life experiences | **Down**  **1.** fear can be \_\_\_\_\_ and protect you from danger  **3.** an unconscious thought or behavior used to avoid unpleasant emotions  **5.** \_\_\_\_\_ is often caused by fear  **6.** mentally healthy people have a sense of \_\_\_\_\_  **8.** anger often results from \_\_\_\_\_ |