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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 \_\_\_\_\_ |