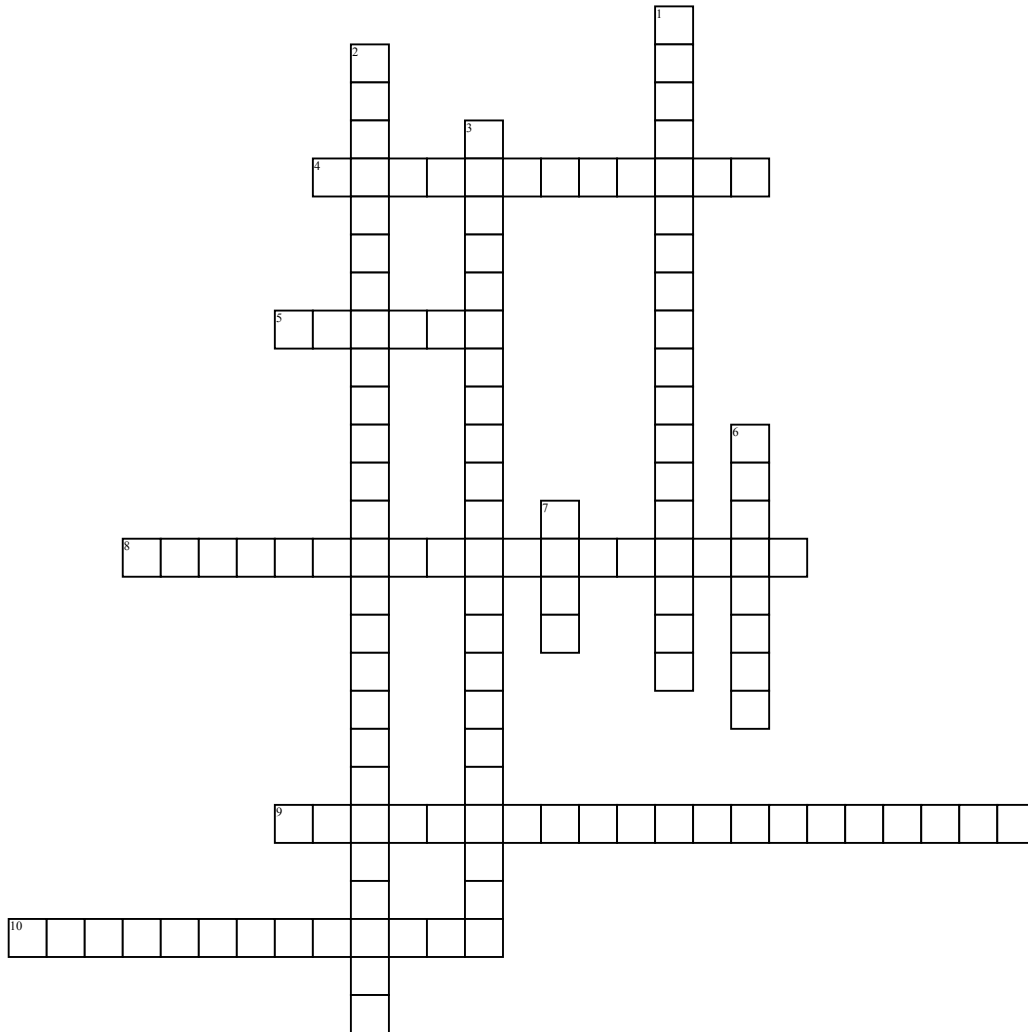


Building Health Skills



Across

- 4. strategies to maintain, protect, and improve all aspects of your health
- 5. the reaction of the body and mind to everyday challenges and demands
- 8. communication strategies that can help you say "no"
- 9. steps that enable you to make a healthful decision
- 10. the process of ending a conflict through cooperation and problem-solving.

Down

- 1. the process of ending a conflict through cooperation and problem solving
- 2. the exchange of thoughts, feelings, and beliefs between two ore more people
- 3. skills that help you reduce and manage stress in your life
- 6. taking action to influence others to adress health-related concern or to support a health-related belief
- 7. something you aim for that takes planning and work

Word Bank

- | | | |
|------------------------|-----------------------------|--------------------------|
| conflict resolution | goal | conflict resolution |
| decision-making skills | refusal skills | health skills |
| advocacy | interpersonal communication | stress management skills |
| stress | | |