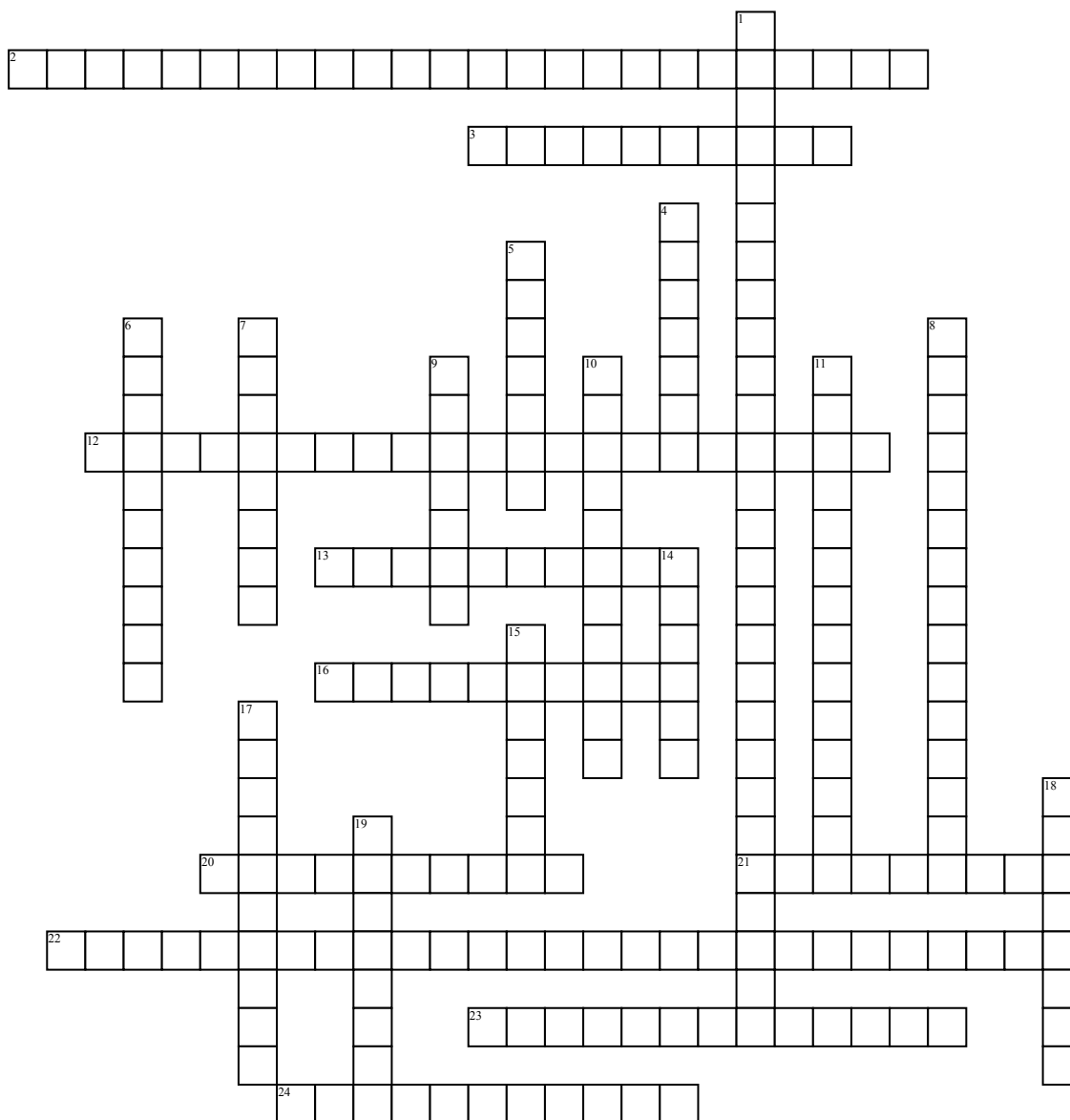


Name: _____ Date: _____ Period: _____

Ch. 5 L1-6 Crossword Puzzle



Across

2. the ability to handle the stresses and changes of everyday life in a reasonable way.
 3. having a positive attitude about the future
 12. the body's way of responding to threats
 13. frequent changes in emotional state
 16. hormone that increases the level of sugar in the blood, giving your body extra energy
 20. how you feel about yourself
 21. places to get information, support, and advice
 22. may feel that he or she must perform a certain activity
 23. people who experience intense feelings of fear for a short time

24. the way you view yourself overall

Down

1. illnesses that affect a person's thoughts, feelings, and behavior
 4. an exaggerated or unrealistic fear of something specific
 5. identifying with and sharing another person's feelings
 6. the ability to recover from problems or loss
 7. feelings such as love, joy, or fear
 8. extreme mood swings for no apparent reason
 9. The act of killing one self on purpose
 10. combination of your feelings, likes, dislikes, attitudes, abilities, and habits
 11. stress that can help you reach your goals

14. the body's response to real or imagined dangers or other life events

15. tiredness
 17. mood disorder in which a person feels a strong sense of hopelessness, helplessness, worthlessness, guilt, and extreme sadness
 18. stress that prevents you from doing what you need to do, or stress that causes you discomfort
 19. a suggestion to seek help or information from another person or place