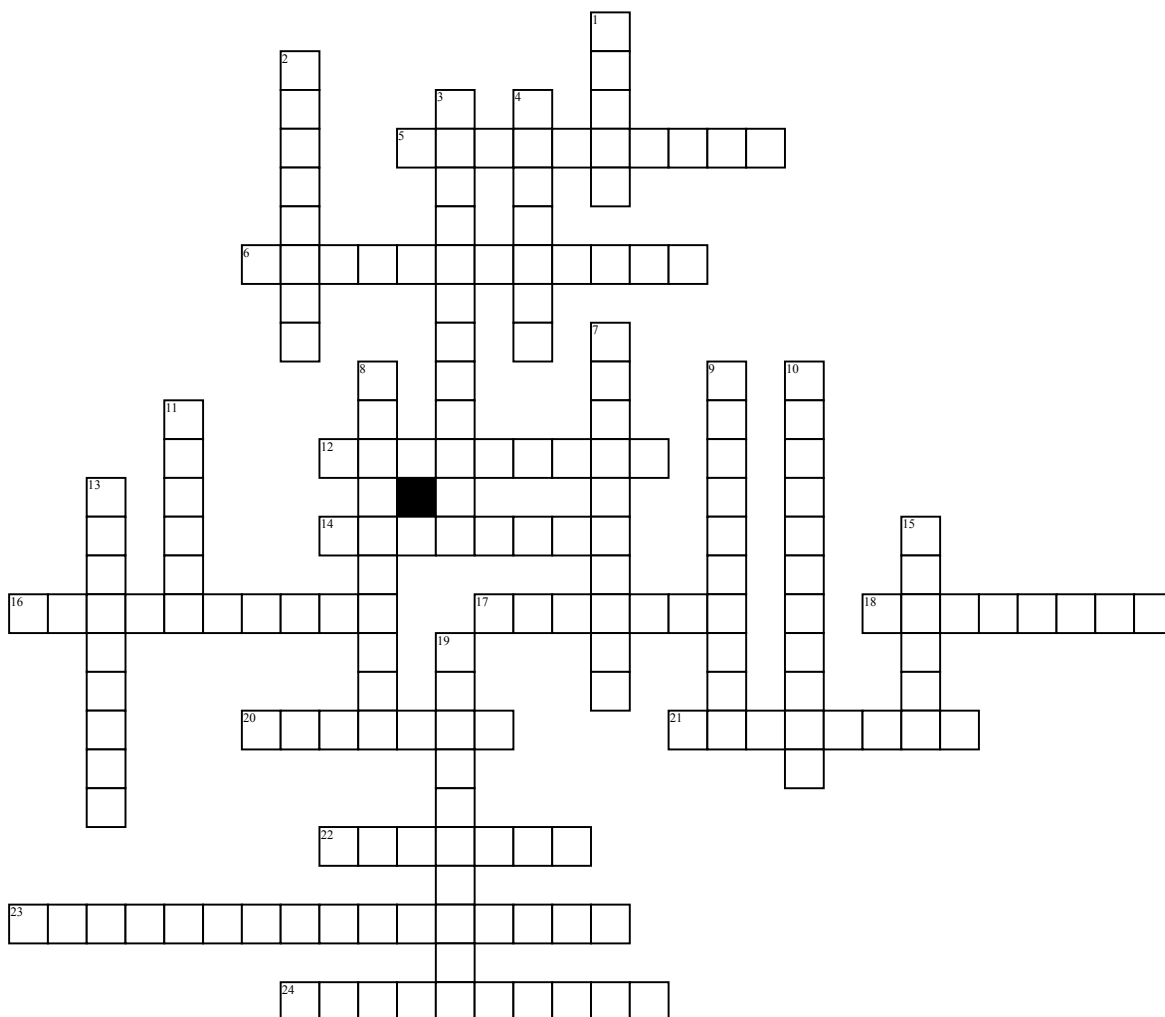


Chapter 5- Crossword Puzzle



Across

5. The ability to recover from problems or loss

6. The body's way of responding to threats is the _____-or-_____ response.

12. Sources of stress

14. Happiness, anger, and fear are examples of _____.

16. Frequent changes in emotional state are called _____.

17. Tiredness

18. _____ stress helps you reach your goals.

20. The act of killing oneself on purpose

21. A _____ is a suggestion to seek help or information.

22. The ability to identify and share another person's feelings is called _____

23. Illnesses that affect a person's thoughts, feelings, and behaviors are known as _____ and _____ disorders.

24. The chemical your body produces in response to a stressor is called _____.

Down

1. Some people depend on the _____ to decide how to act, what to buy and what to wear without realizing that it doesn't always present a true picture of real life.

2. The passing of biological traits, as well as personality traits, from parents to children is called _____.

3. The way you view yourself overall

4. A mood disorder involving extreme mood swings for no apparent reason.

7. A mood disorder in which a person feels a strong sense of hopelessness, helplessness, worthlessness, guilt, and extreme sadness

8. Being _____ means having a positive attitude about the future.

9. The belief in your ability to do what you set out to do

10. The way you feel about yourself

11. The body's response to real or imagined dangers or life events.

13. Places to get information, support and advice

15. An exaggerated or inappropriate fear of something specific such as spiders or tunnels

19. Treatment options for mental and emotional disorders include therapy, _____, and hospitalization.