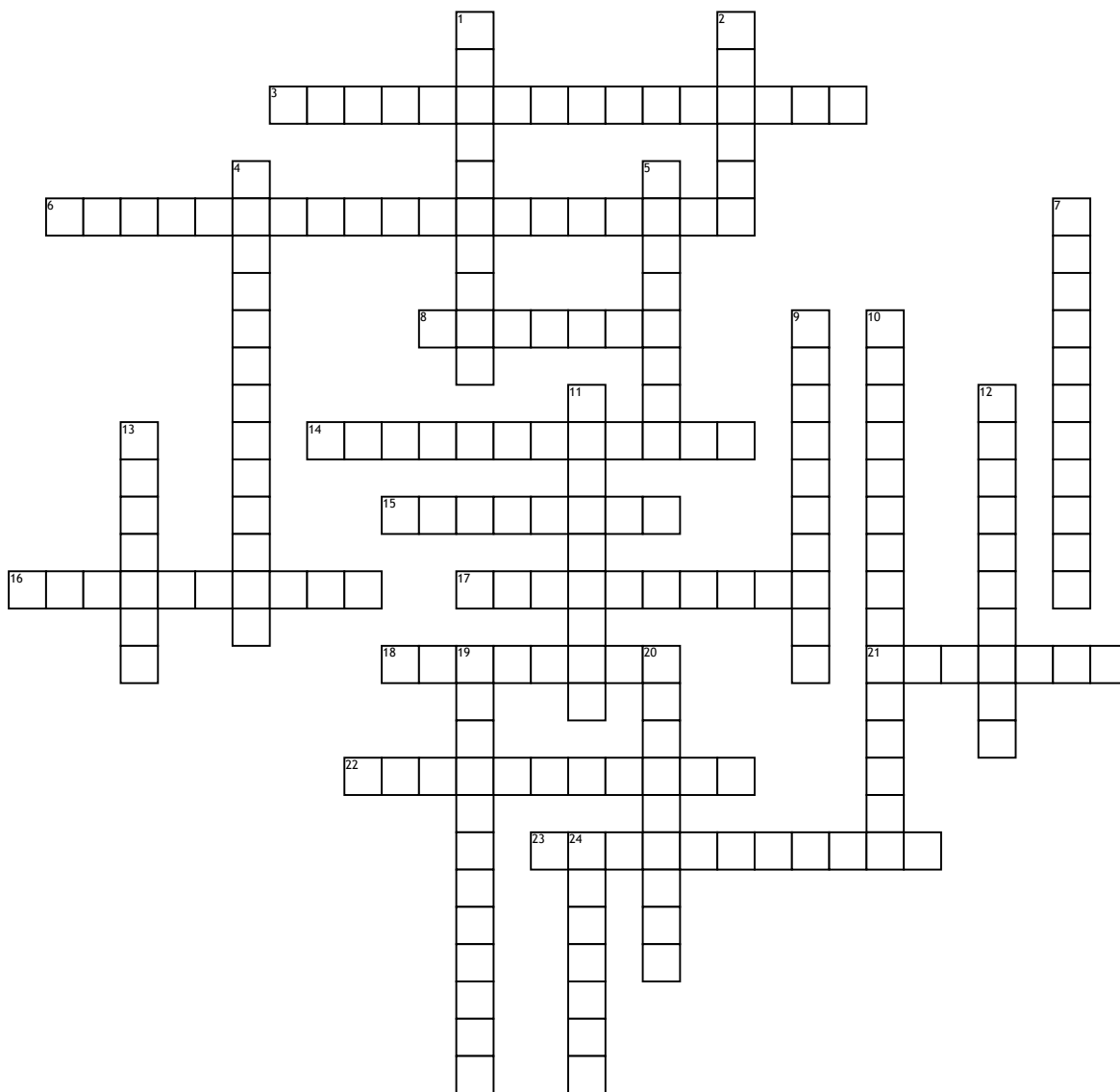


Name: _____ Date: _____ Period: _____

Chapter 5 Lessons 1-6



Across

- 3. extreme fears that get in the way of everyday life
- 6. illnesses that affect a person's thoughts, feelings, and behavior
- 8. a person experiences periods of excessive activity and depressions
- 14. the ability to handle the stressors of everyday life
- 15. feelings such as love, fear, or joy
- 16. the ability to recover from problems or loss
- 17. a person felt a strong sense of hopelessness, guilt, and extreme sadness
- 18. negative stress

21. tiredness

- 22. how you feel about yourself
- 23. a combination of your feelings, likes, dislikes, attitudes, abilities, and habits

Down

- 1. having a positive attitude about the future
- 2. the body's response to real or imagined dangers or other life events
- 4. mood swings that seem extreme, inappropriate, or last a long time
- 5. a suggestion to seek help or information from another person or place
- 7. frequent changes in emotional state

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

- 10. the body's way of responding to threats

- 11. places to get information, support, or advice

- 12. a hormone that increases the level of sugar in the blood, giving you energy

- 13. the act of killing oneself on purpose

- 19. the way you view yourself overall

- 20. sources of stress

- 24. identifying with and sharing another person's feelings