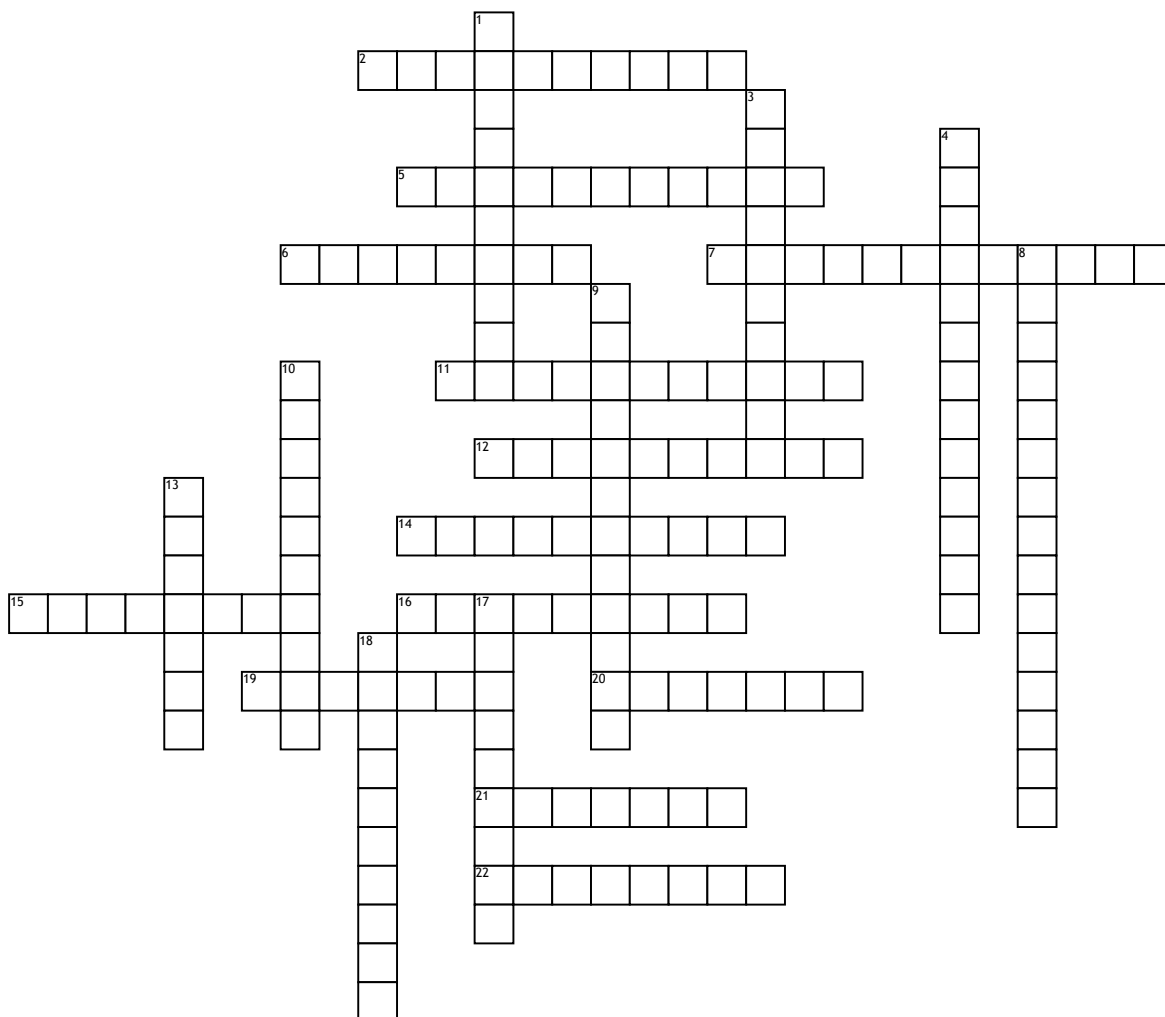


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Chapter 5 Lessons 1-6



## Across

2. A hormone that increases the level of sugar in the blood, giving you energy
5. The way you view yourself overall
6. Negative stress
7. The ability to handle the stressor of everyday life
11. Combination of your feelings, likes, dislikes attitudes, abilities and habits
12. Frequent changes in emotional state
14. How you feel about yourself

15. Feelings such as love, joy, or fear

16. Places to get information, support or advice
19. A person experiences periods of excessive activity and depressions
20. Identifying with and sharing another person's feelings
21. The act of killing oneself on purpose

22. A suggestion to seek help or information from another person or place

## Down

1. The ability to recover from problems or loss

3. A person feels a strong sense of hopelessness, guilt and extreme sadness

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

8. Extreme fears that get in the way of normal activities

9. Mood swings that seem extreme, inappropriate or last a long time

10. Having a positive attitude about the future

13. Tiredness

17. Sources of stress

18. Belief in the ability to do what you set out to do