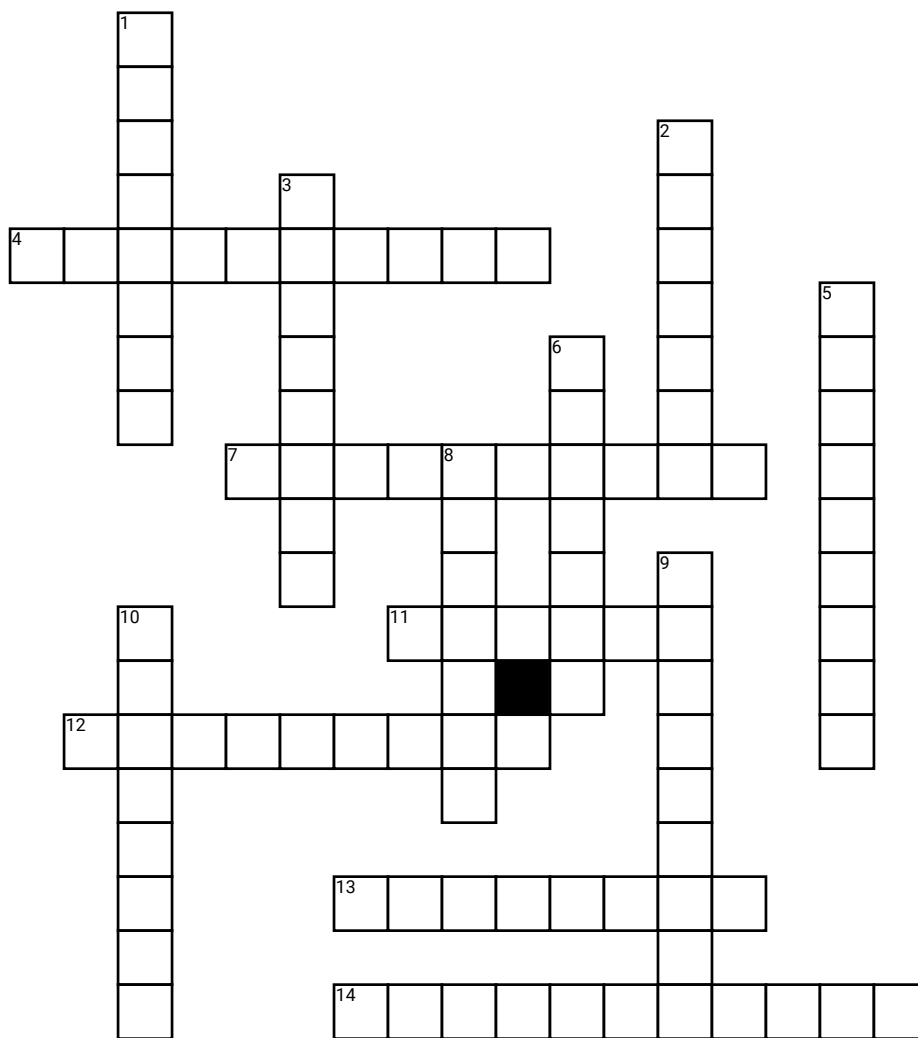


Name: _____ Date: _____ Period: _____

Emotional/Mental Health Puzzle



Across

4. To bounce back from difficulties.

7. To like and respect yourself

11. Your bodies response to changes around it.

12. Who is the 6th grade assistant principal

13. Positive stress

14. The view that you have of yourself

2. Extreme tiredness

3. Negative stress

5. To Support

6. Name of our school

8. A feeling

9. Who is our principal

10. Chemicals that regulate body functions

Word Bank

Fatigue

MsDavison

Hormones

Stressor

Stress

Metzger

MrJohnson

Distress

Eustress

Emotion

Selfesteem

Reinforce

Selfconcept

Resiliency