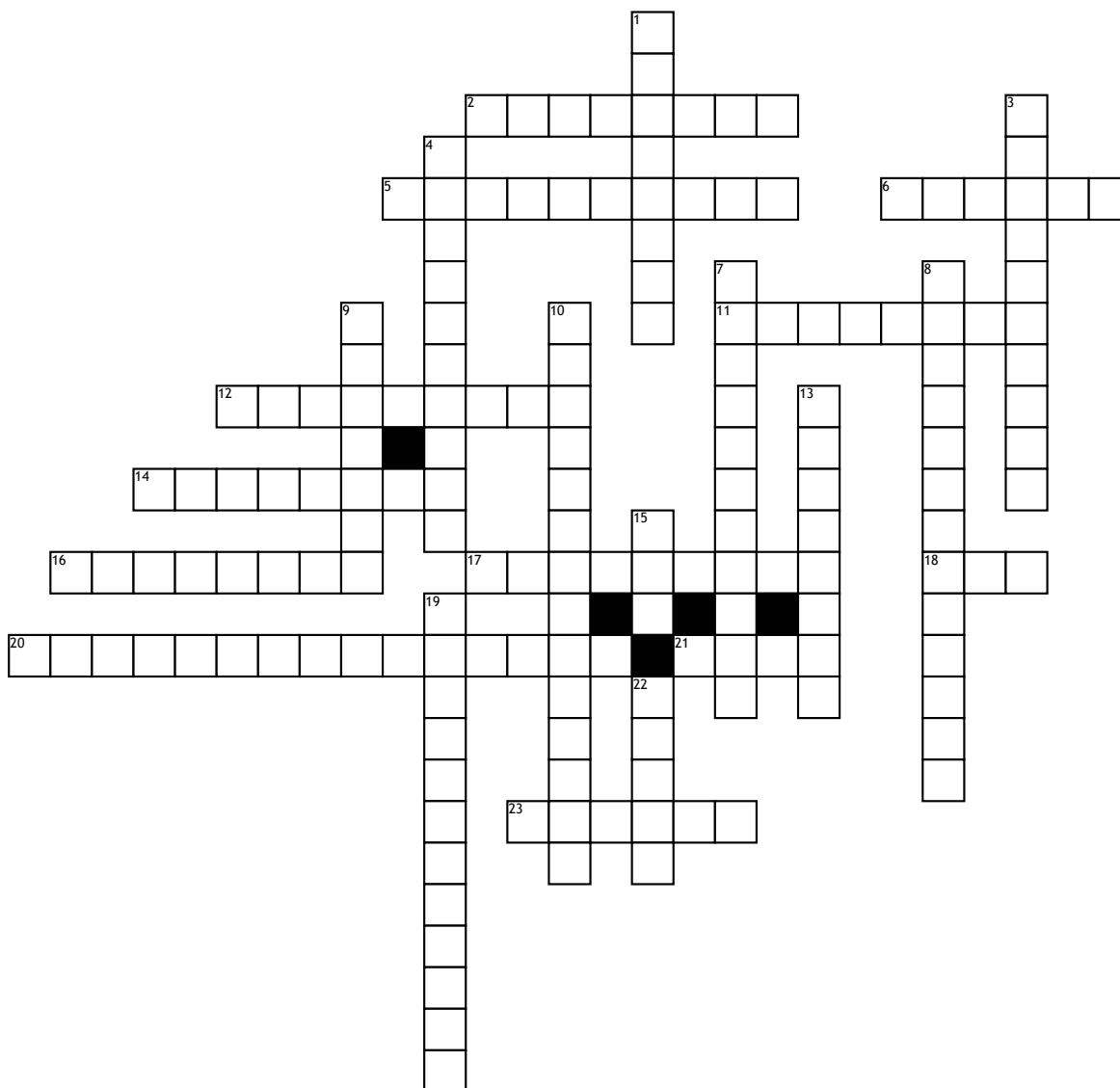


Name: \_\_\_\_\_

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

# Emotional and Mental Health



## Across

2. harmful response to a stressor that produces negative results  
 5. a mood disorder that causes the feeling of sadness or loss of interest  
 6. standard or belief held by an individual  
 11. are specific feelings felt by an individual  
 12. Compelling need to take a drug or engage in a specific behavior  
 14. Decreases the 3 main feelings in the body  
 16. a statement that focuses on a specific behavior/event, how that behavior or event affects the speaker and the emotions from the speaker  
 17. person's use of self-control to act on responsible values

18. an disorder that is caused from concussion and has affected many NFL football players mental health  
 20. person is aware of their emotions and knows how to handle and deal with their emotions properly whether they are positive or negative  
 21. the feeling that occurs when someone dies or a life situation changes or ends  
 23. the body's response to the demands of daily living and the reaction from pressure that the outside world brings

## Down

1. the source or cause of stress  
 3. a statement that blames or shames another person  
 4. one's belief about one's own worth

7. degree to which a person regulates their own behavior  
 8. the exchange of feelings, thoughts, or information with one or more persons  
 9. The intentional taking of one's own life  
 10. important to integrate into one's daily life to help keep the brain mentally sharp  
 13. healthful response to stress on the body  
 15. a series of body changes that result from stress  
 19. includes our emotional, social and psychological well-being and a person's condition in those areas  
 22. the intense emotional suffering caused by a loss