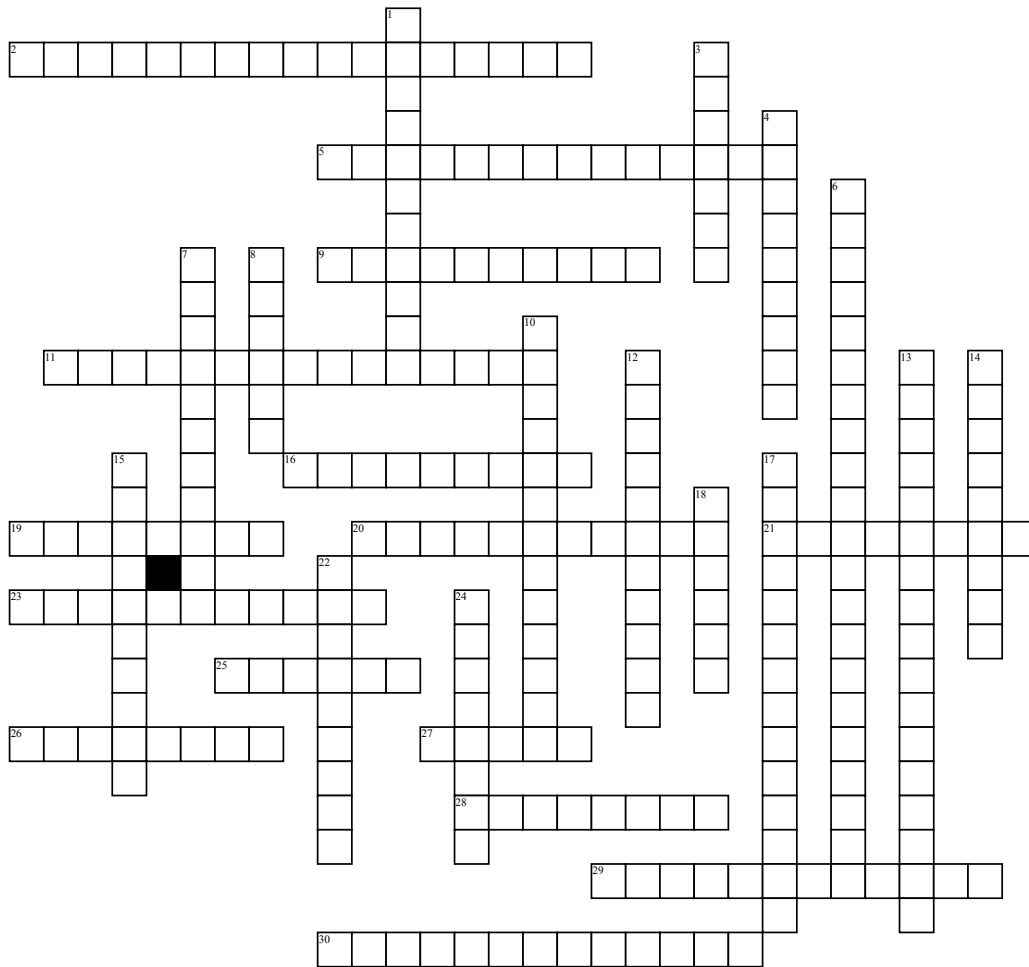


Name: _____ Date: _____ Period: _____

Health 10



Across

2. Mental processes that protect individuals from strong or stressful emotions and situations
 5. An ongoing condition or illness
 9. A multi step strategy to identify and achieve your goals
 11. A deep-seated sense of meaning and purpose in life
 16. The intentional use of unfriendly or offensive behavior
 19. An overall state of well being or total health
 20. Having enough skills to do something
 21. Taking action to influence others to address a health-related concern or to support a health-related belief
 23. A written or spoken media message designed to interest consumers in purchasing a product or service
 25. The reaction of the body and mind to everyday challenges and demands
 26. All the traits that were passed on to you from your parents
 27. Those things you aim for that take planning and work
 28. Signals that tell your mind and body how to react
 29. A goal that you plan to reach over an extended period of time

30. Actions that can potentially threaten your health or the health of others

Down

1. Failure by a health professional to meet accepted standards
 3. The ability to imagine and understand how someone else feels
 4. The ability to adapt effectively and recover from disappointment, difficulty, or crisis
 6. Nonhostile comments that point out problems and encourage improvement
 7. The sum of your surroundings
 8. The ideas, beliefs, and attitudes about what is important that help guide the way you live
 10. A goal that you can reach in a short period of time
 12. A complex set of characteristics that makes you unique
 13. To strive to be the best you can
 14. The distinctive qualities that describe how a person thinks, feels, and behaves
 15. How much you value, respect, and feel confident about yourself

17. Someone who purchases or uses health products or services

18. The combination of physical, mental/ emotional, and social well-being
 22. A firm observance of core ethical values
 24. Chemicals produced by your glands that regulate the activities of different body cells

Word Bank

Environment	action plan	Spiritual Health	Defense Mechanisms	Risk Behaviors
Malpractice	Health	goals	short-term goal	Resilient
Character	Health Consumer	Self-actualization	Chronic Disease	Stress
Personality	wellness	Hostility	Values	long-term goal
Constructive Criticism	Emotions	Competence	Hormones	Advocacy
Advertising	Empathy	Integrity	Self-esteem	Heredity