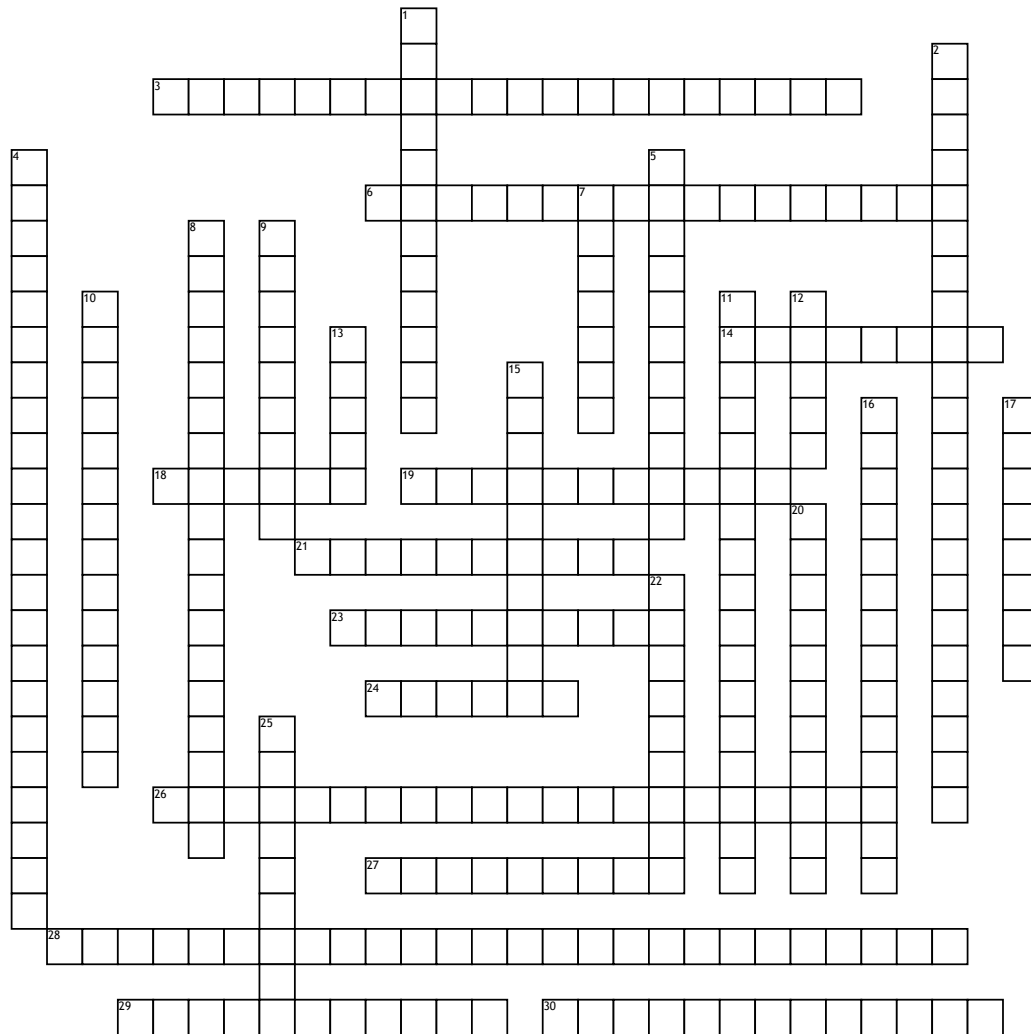


Name: _____

Date: _____

Health Chapter 1-3



Across

3. steps that enable you to make a healthful decision
 6. mental processes that protect individuals from strong or stressful emotions and situations
 14. signals that tell your mind and body how to react
 18. the reaction of the body and mind to everyday challenges and demands
 19. failure by a health professional to meet accepted standards
 21. how much you value, respect, and feel confident about yourself
 23. is a multistep strategy to identify and achieve your goals
 24. the ideas, beliefs, and attitudes about what is important that help guide the way you live
 26. nonhostile comments that point out problems and encourage improvement
 27. the intentional use of unfriendly or offensive behavior
 28. the exchange of thoughts, feelings, and beliefs between two or more people
 29. the sale of worthless products or services that claim to prevent disease or cure other health problems

Word Bank

malpractice
 constructive criticism
 empathy
 Defense mechanisms
 stress management skills
 resilient
 integrity
 health fraud

self-esteem
 personality
 mental/emotional health
 character
 peers
 hormones
 competence
 long-term goal

decision-making skills
 conflict resolution
 stress
 short-term goal
 chronic disease
 self-actualization
 emotions

interpersonal communication
 health consumer
 advertising
 hostility
 goals
 values
 action plan

30. goal that you can reach in a short period of time

Down

1. a goal that you plan to reach over an extended period of time
 2. skills that help you reduce and manage stress in your life
 4. the ability to accept yourself and others, express and manage emotions, and deal with the demands
 5. complex set of characteristics that makes you unique
 7. the ability to imagine and understand how someone else feels
 8. the process of ending a conflict through cooperation and problem solving
 9. the distinctive qualities that describe how a person thinks, feels, and behaves
 10. an ongoing condition or illness
 11. to strive to be the best you can
 12. those things you aim for that take planning and work
 13. people of the same age who share similar interests
 15. having enough skills to do something

16. someone who purchases or uses health products or services

17. chemicals produced by your glands that regulate the activities

20. written or spoken media message designed to interest consumers in purchasing a product or service

22. a firm observance of core ethical values

25. they have the ability to adapt effectively and recover from disappointment, difficulty or crisis