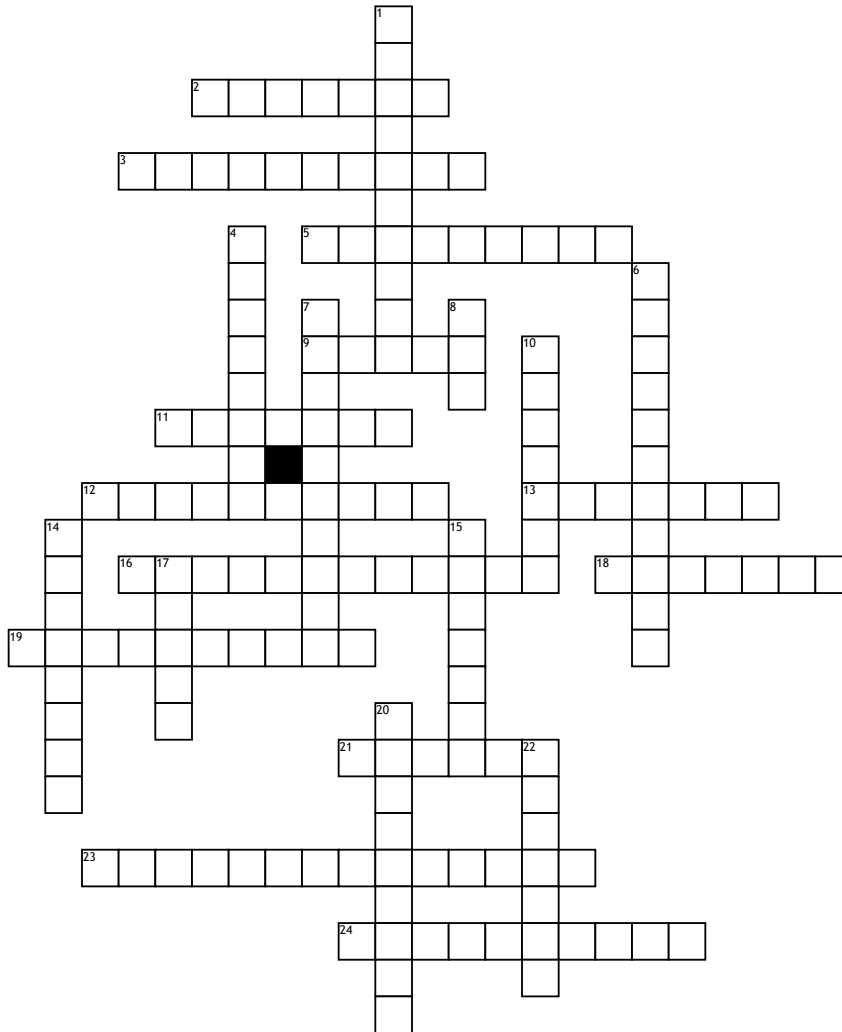


# Health Chapter 5



**Across**

- 2. treatment intended to relieve or heal a disorder.
- 3. confidence in one's own worth or abilities; self-respect.
- 5. A suggestion to seek help
- 9. sudden uncontrollable fear or anxiety
- 11. an extreme or irrational fear of or aversion to something.
- 12. an abrupt and apparently unaccountable change of mood.
- 13. the ability to understand and share the feelings of another.
- 16. a form of psychotherapy in which a group of patients meet to describe and discuss their problems together under the supervision of a therapist.

**Word Bank**

- |             |             |            |            |               |                 |
|-------------|-------------|------------|------------|---------------|-----------------|
| personality | Referral    | emotions   | resilience | Relax         | Suicide         |
| fatigue     | stress      | Moodswings | OCD        | Phobias       | Bipolar         |
| Depression  | Self-esteem | Therapy    | optimistic | Group therapy | positive stress |
| anxiety     | empathy     | Panic      | Resources  | stressors     | Confidence      |

- 18. having or relating to two poles or extremities.
  - 19. the capacity to recover quickly from difficulties; toughness.
  - 21. pressure or tension exerted on a material object.
  - 23. stress that helps you reach goals
  - 24. the feeling or belief that one can rely on someone or something; firm trust.
- Down**
- 1. feelings of severe despondency and dejection.
  - 4. a natural instinctive state of mind deriving from one's circumstances, mood, or relationships with others.

- 6. the combination of characteristics or qualities that form an individual's distinctive character.
- 7. hopeful and confident about the future.
- 8. Obsessive-compulsive disorder
- 10. a feeling of worry, nervousness, or unease,
- 14. an act of referring someone or something for consultation, review, or further action.
- 15. tiredness
- 17. make or become less tense or anxious.
- 20. sources of stress
- 22. An act of killing your self