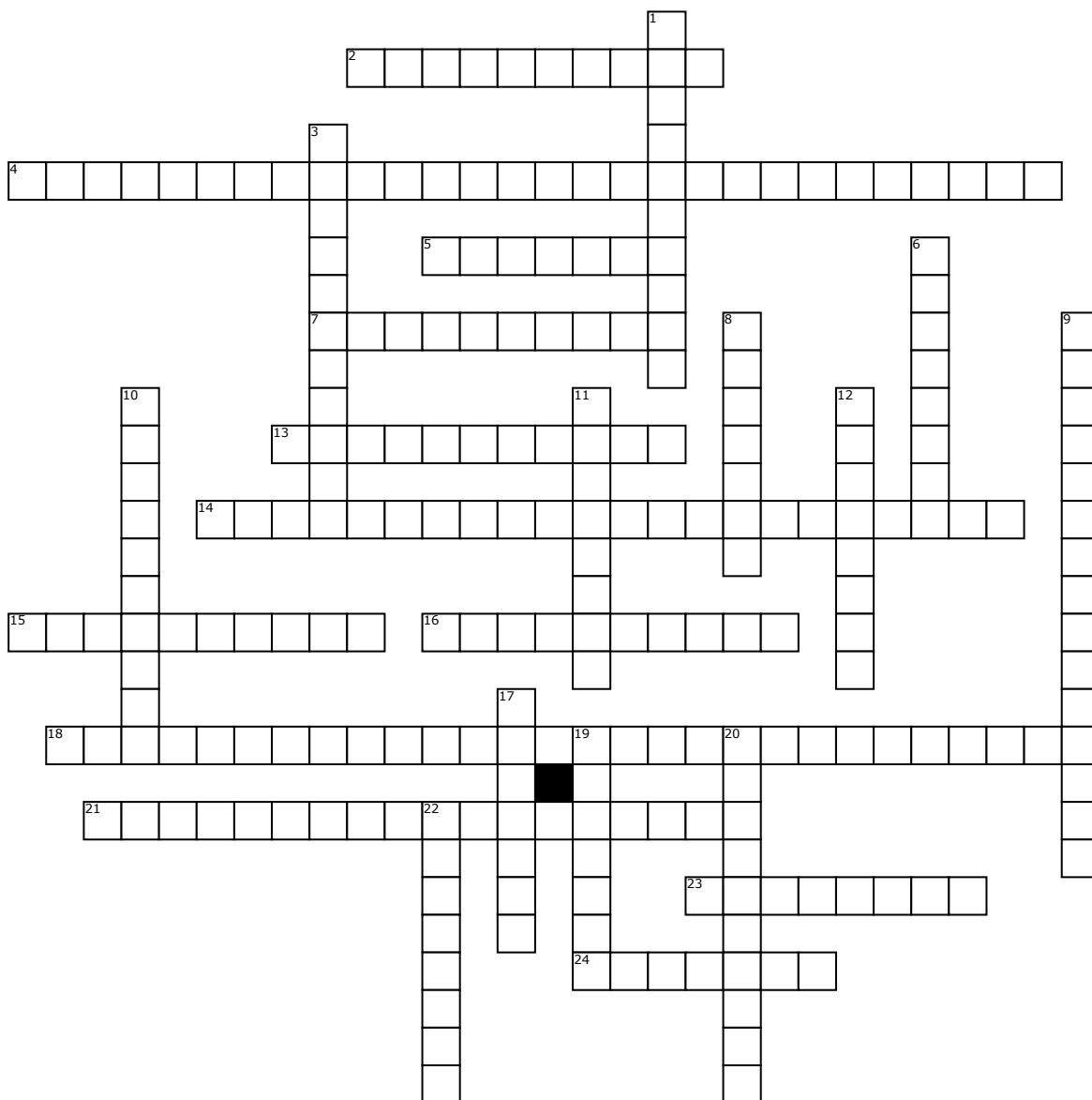


Name: _____ Date: _____ Period: _____

Health Crossword Puzzle



Across

- 2.** Feeling a strong sense of hopelessness, helplessness, worthlessness, guilt and extreme sadness
4. Thoughts that do not make sense, they often feel they need to perform a certain activity
5. tiredness
7. Having a positive attitude about the future
13. A combination of your likes, dislikes, attitudes, abilities, and habits
14. The ability to handle the stress and changes of everyday life in a reasonable way
15. The ability to recover from problems or loss
16. Frequent changes in emotional state

18. People with this disorder are usually reacting to a specific event, such as war, accident, or natural disaster

21. illnesses that affect a person's thoughts, feelings, and behavior

23. A suggestion to seek help or information

24. Identifying with and sharing another person's feelings

Down

1. belief in your ability to do what you set out to do

3. The way you see yourself overall

6. a suggestion to seek help or information from another person or place

8. Exaggerated or inappropriate fear of something specific

9. Extreme fears of real or imaginary situations that get in the way of normal activities

10. A mental and emotional problem in which a person undergoes mood swings that seem to be extreme

11. negative stress

12. a suggestions to seek help or information from another person or place

17. extreme mood swings for no apparent reason

19. the act of killing oneself on purpose

20. How you feel about yourself

22. Feelings such as love, joy or fear