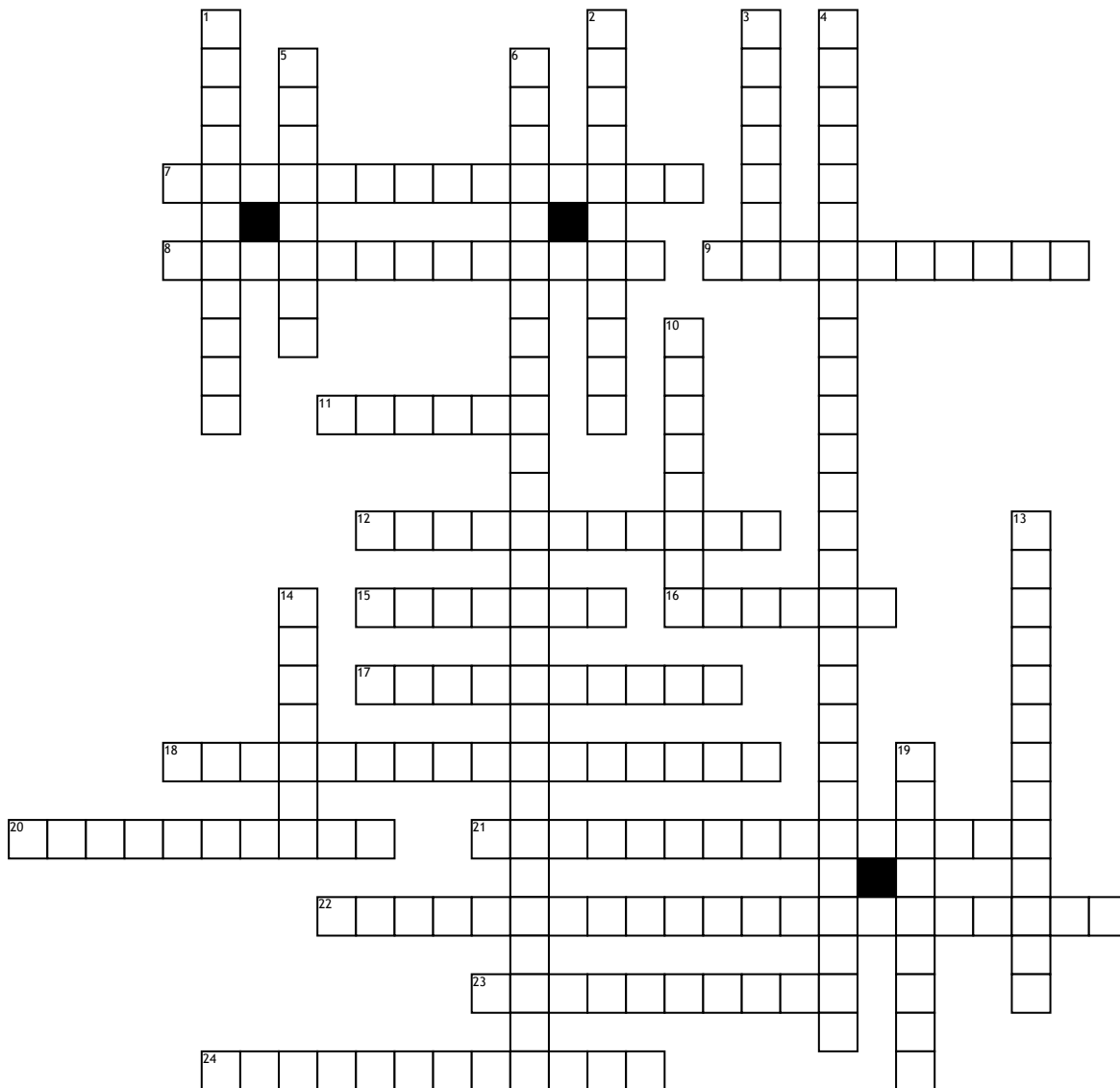


Name: _____

Date: _____

Health Quiz



Across

7. Stress that helps you reach goals
 8. An anxiety disorder characterized by intense feelings of fear for a short time
 9. The ability to recover from problems or loss
 11. An exaggerated or inappropriate fear of something specific such as spiders or tunnels
 12. The way you view yourself overall.
 15. Identifying with and sharing another person's feelings.
 16. Response to life's events
 17. a mood disorder in which a person feels a strong sense of hopelessness, helplessness, worthlessness, guilt and extreme sadness
 18. Extreme fears of real or imaginary situations that get in the way of activities
 20. How you feel about yourself.

21. A mental and emotional problem in which a person undergoes mood swings that seem extreme, inappropriate, or last a long time.
 22. Body's ways of responding to threats
 23. Hormone that levels blood sugar, giving you extra energy
 24. This disorder is also called manic depression. People with this disorder have extreme mood swings for no apparent reason and experience alternating periods of depression and excess activity called mania.

Down

1. Combination of your feelings, lies, dislikes, attitudes, abilities, and habits
 2. If you have a high self-esteem, you are more likely to respect others
 3. Tiredness

4. A mood disorder involving extreme mood swings for no apparent reason
 5. Being _____ helps you relate better to others and respect their life experiences
 6. An anxiety disorder characterized by bad memories and reaction to events such as war, accident or natural disasters
 10. Stress that prevents you from doing things
 13. An incurable mental and emotional illness characterized by paranoia and hallucinations
 14. The act of killing oneself on purpose
 19. Source of stress