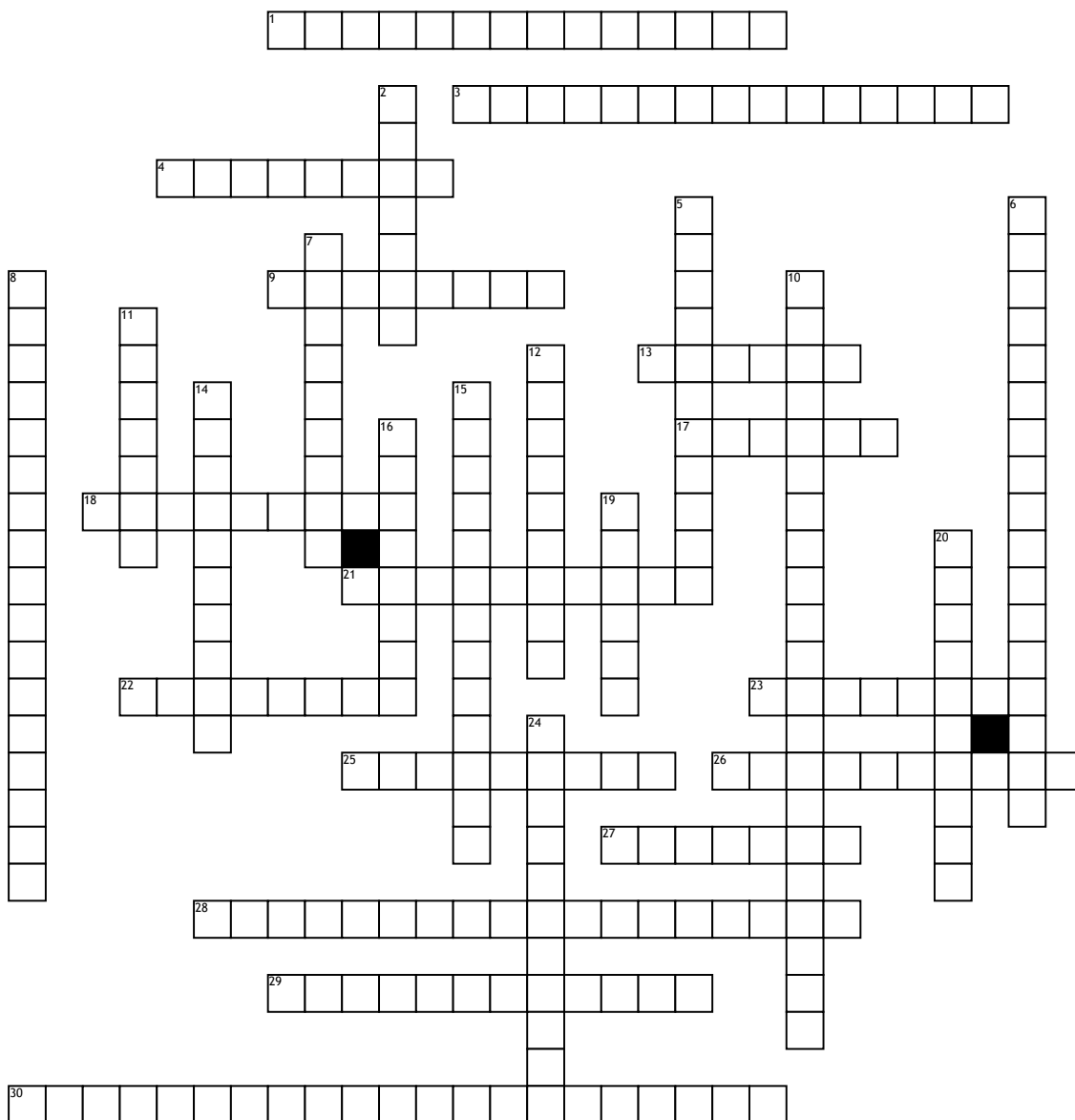


Name: _____ Date: _____ Period: _____

Health Vocabulary Chapters 3-5



Across

1. A _____ is a stressful impact sufficient to overwhelm your normal coping strategies.
3. _____ is a sense of yourself as a unique individual.
4. Anything that causes stress is a ?
9. Showing sorrow or grief.
13. Dealing with successfully with difficult changes is called?
17. Lack of strong feeling, interest, or concern.
18. Distinctive qualities that describe how a person thinks, feels, and behaves.
21. Intentional use of unfriendly or offensive behavior is ?
22. What signals tell you mind and body how to react?
23. You have the ability to be _____ when you adapt effectively and recover from disappointments or crisis.

25. Someone whose success or behavior serves as an example for you.

26. Someone's individual view of you is _____?

27. A condition of feeling uneasy or worried about what may happen.

28. A state of calm.

29. Ability to accept yourself and others, express and manage emotions, and deal with challenges you meet in life.

30. What is a physical reaction caused by stress?

Down

2. Acceptance of a loss.

5. Your _____ is a complex set of characteristics that makes you unique.

6. Striving to be the best you can.

7. The intentional use of unfriendly or offensive behavior.

8. Mental processes that protect individuals from strong or stressful emotions and situations.

10. Nonhostile comments that point out problems and encourage improvement.

11. The ability to imagine and understand how someone feels.

12. Firm observance of core ethical values.

14. To have a prolonged feeling of helplessness, hopelessness, and sadness is?

15. What condition is caused by long-term problems that are out of someone's control?

16. Chemicals produced by your glands that regulate the activities of different body cells.

19. Mark of shame or disapproval that results in an individual being shunned or rejected by others.

20. How much you value, respect, and feel confident about yourself.

24. You have _____ when having enough skills to do something.