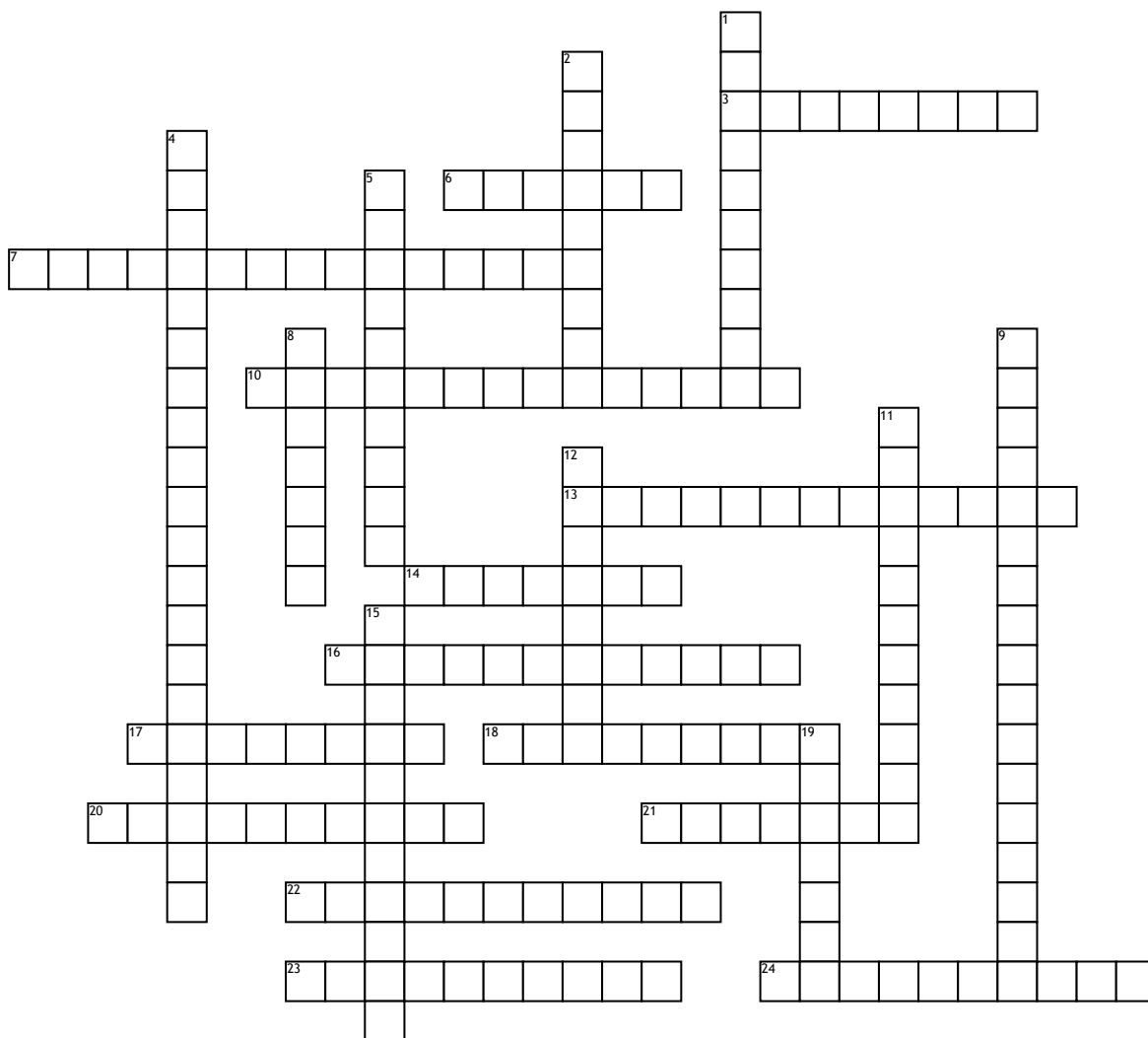


Name: _____ Date: _____ Period: _____

Lessons 1-6



Across

3. A suggestion to seek help or information from another person or place.
6. The body's response to real or imagined dangers of other like events.
7. stress that can help you reach your goals
10. People experience intense feelings of fear for a short time. The body prepares for fight or flight, even during an ordinary situation.
13. A mental and emotional problem in which a person undergoes mood swings that seem extreme, inappropriate, or last a long time.
14. Identify with and sharing another person's feelings.
16. How you see yourself overall

17. stress that prevents you from doing what you need to do, or stress that causes you discomfort.
18. Places to get information, support, and advice.
20. Belief in your ability to do what you set out to do.
21. A phobia is an exaggerated or inappropriate fear of something specific. Some phobias can interfere with normal, everyday activities.
22. How you feel about yourself.
23. Having a positive attitude about the future.
24. People with this disorder feel a strong sense of hopelessness, helplessness, worthlessness, guilt, and extreme sadness. If depressed people begin to feel hopeless, they may consider ending their living.

Down

1. A hormone that increases the level of sugar in the blood, giving your body extra energy.
2. Sources of stress.
4. The ability to handle the stress and changes of everyday life in a responsible way
5. The ability to recover from problems or loss.
8. Tiredness
9. Extreme fears of real or imaginary situations that get in the way of normal activities.
11. Frequent changes in emotional state.
12. Feeling such as love, joy, or fear.
15. A combination of your likes, dislikes, attitudes, abilities, and habits.
19. The act of killing oneself.