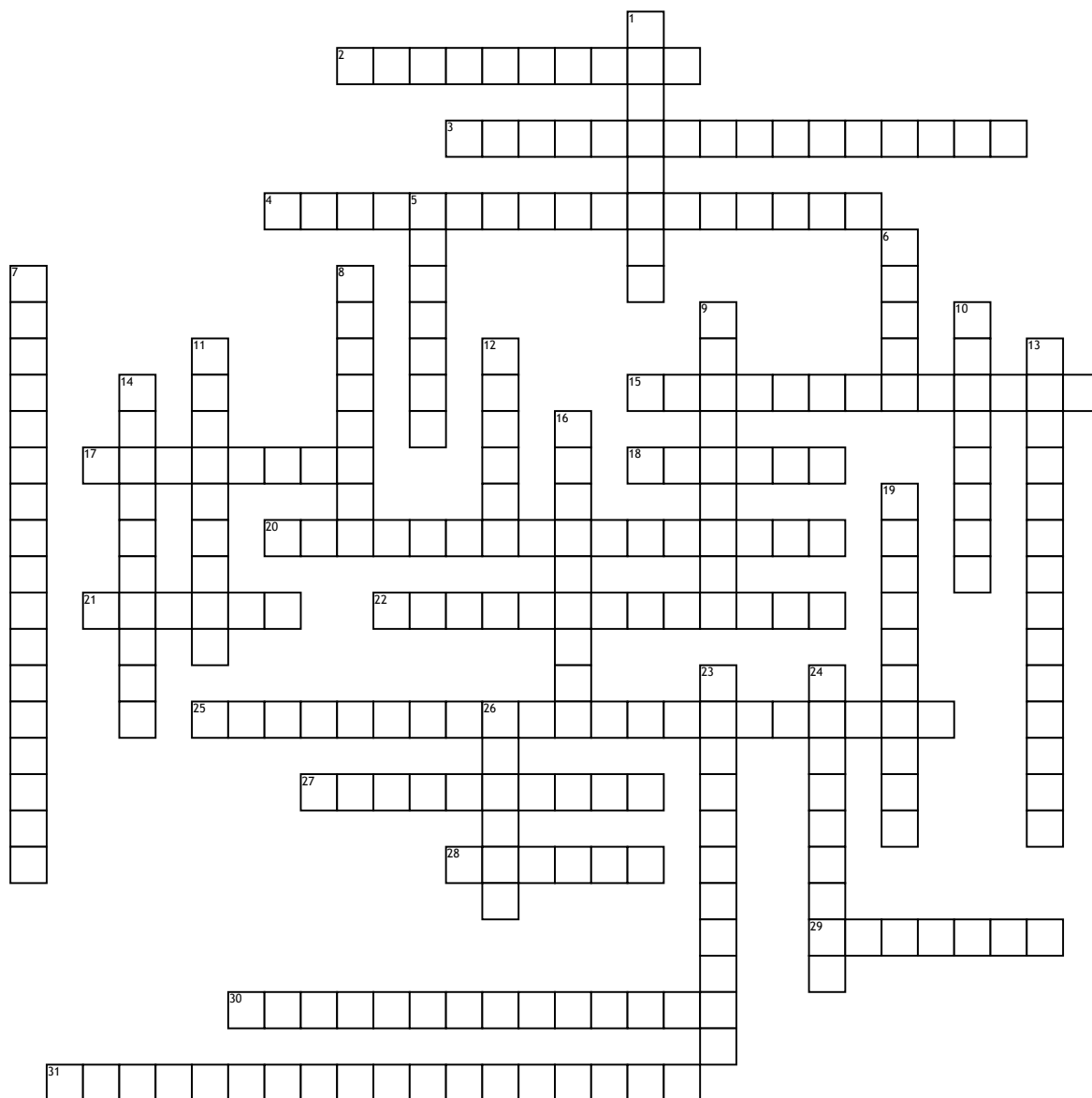


Name: _____ Date: _____

Mental/Emotional Health



Across

2. The act of becoming aware through the senses.
3. A ranked list of those needs essential to human growth and development.
4. To strive to be the best you can be.
15. A variety of reactions that may surface as an individual makes sense of how a loss affects him or her.
17. Signals that tell your mind and body how to react.
18. Lack of strong feeling, interest, or concern
20. Your sense of yourself as a unique individual.
21. Meaning of or relating to the mind.
22. Stress associated with long-term problems that are beyond a person's control
25. Physical reaction that results from stress rather than from an injury or illness
27. How much you value, respect, and feel confident about yourself.

28. Dealing successfully with difficult changes in your life

29. The ability to imagine and understand how someone else feels.

30. Any event that has a stressful impact sufficient to overwhelm your normal coping strategies

31. A state of calm

Down

1. The act of showing sorrow or grief

5. The condition of feeling uneasy or worried about what may happen

6. A common and natural reaction to any loss that brings on strong emotions

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

8. Anything that causes stress

9. The distinctive qualities that describe how a person thinks, feels, and behaves.

10. chemicals produced by your glands that regulate the activities of different body cells.

11. The intentional use of unfriendly or offensive behavior.

12. A mark of shame or disapproval that results in an individual being shunned or rejected by others

13. An illness of the mind that can affect the thoughts, feelings, and behaviors of a person

14. Having enough skills to do something.

16. People who have the ability to adapt effectively and recover from disappointment, difficulty, or crisis.

19. Prolonged feeling of helplessness, hopelessness, and sadness

23. A complex set of characteristics that make you unique.

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

26. A Psychologist