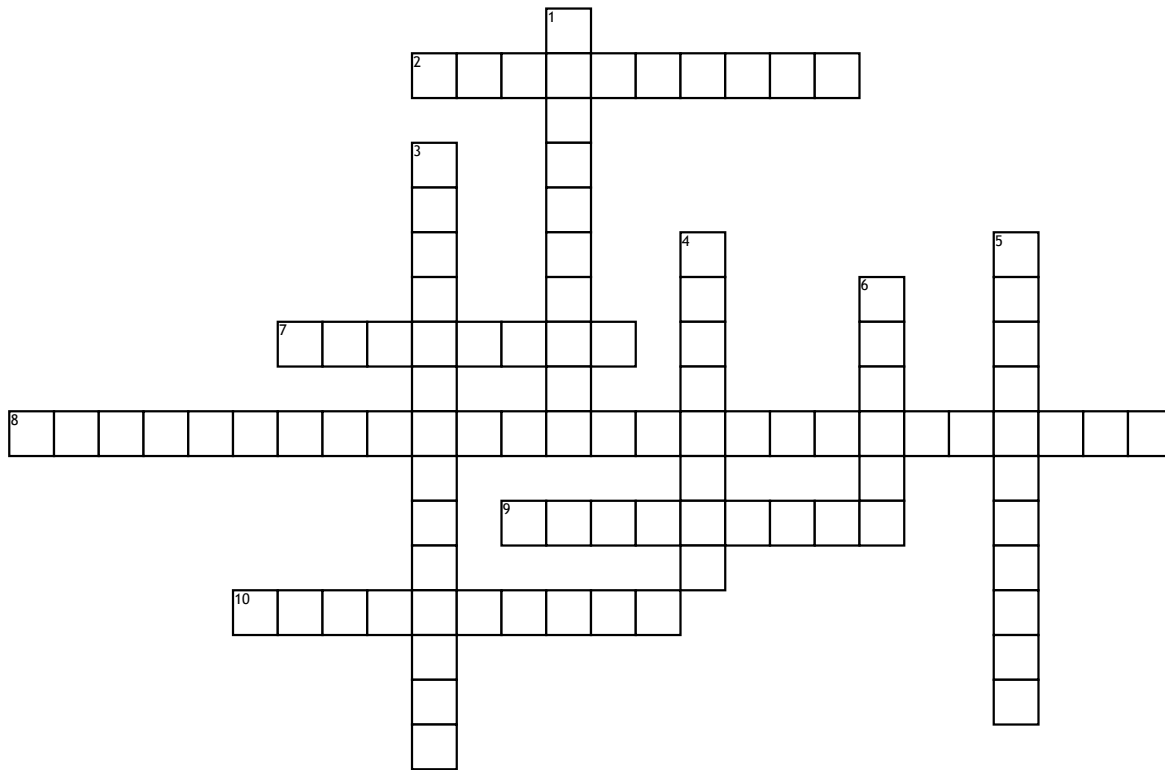


Name: _____

Date: _____

Mental, Emotional, & Social Health Crossword Review



Across

- 2. One of the five stages of grief.
- 7. Our environment can affect our _____ health.
- 8. Persisted, exaggerated worry; can make it difficult to concentrate or complete tasks
- 9. A factor of mental health, this factor of health is about how we think and feel.
- 10. How we value and perceive ourselves; our overall sense of personal value and self-worth.

Down

- 1. Beyond feeling sad, depressive episodes last longer than two weeks with several symptoms such as changes in sleep and/or appetite, loss of energy, loss of concentration, hopeless thoughts, etc
- 3. When someone harms themselves with any intent to end their life, but they do not die as a result of their actions.
- 4. People deny themselves food (self-starvation) while obsessing over weight-loss
- 5. Millennials, Boomers, X, and Y are all examples of what?
- 6. This factor of health includes our ability to interact and form meaningful relationships with others.