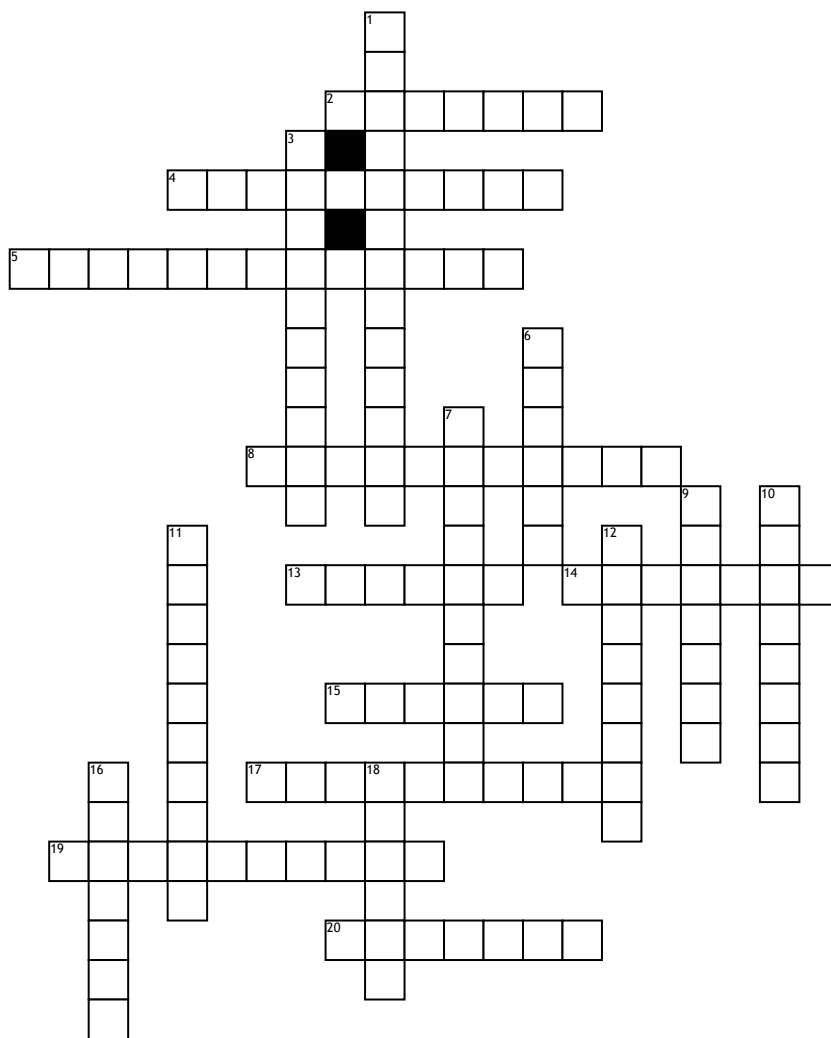


Name: \_\_\_\_\_ Date: \_\_\_\_\_ Period: \_\_\_\_\_

# Mental Health



## Across

2. A feeling of worry, nervousness.  
 4. Hormone that increases heart rate.  
 5. Body's response to stressors.  
 8. The set of characteristics that make you unique.  
 13. The body's reaction to changes around you.  
 14. The way you feel.  
 15. is a complex life long developmental disability that presents itself in early childhood, usually before age 3.  
 17. The repetitive behavior or mental action.

19. Extreme feeling of sadness, hopelessness and helplessness.

20. A severe mood disorder. Sufferers have pathological mood swings from depression.

## Down

1. A medical disease or disorder which affects the mind.  
 3. The confidence and pride you have in yourself.  
 6. Combination of physical, mental/emotional and social well being  
 7. Constant conflict with society.  
 9. Extreme tiredness.

10. Self starvation due to an intense fear of being fat.

11. Harming your self.

12. Feelings inside us like happiness and anger.

16. Mental illness treatment.

18. Irrational fear of a specific object, activity, or situation.

## Word Bank

Emotions  
 Bipolar  
 Anorexia  
 Therapy

Anti Social  
 Mental Illness  
 Emotion  
 Fatigue

Stress  
 Self Injury  
 Phobia  
 Depression

Self Esteem  
 Compulsion  
 Anxiety  
 Autism

Adrenaline  
 Personality  
 Health  
 Fight or Flight