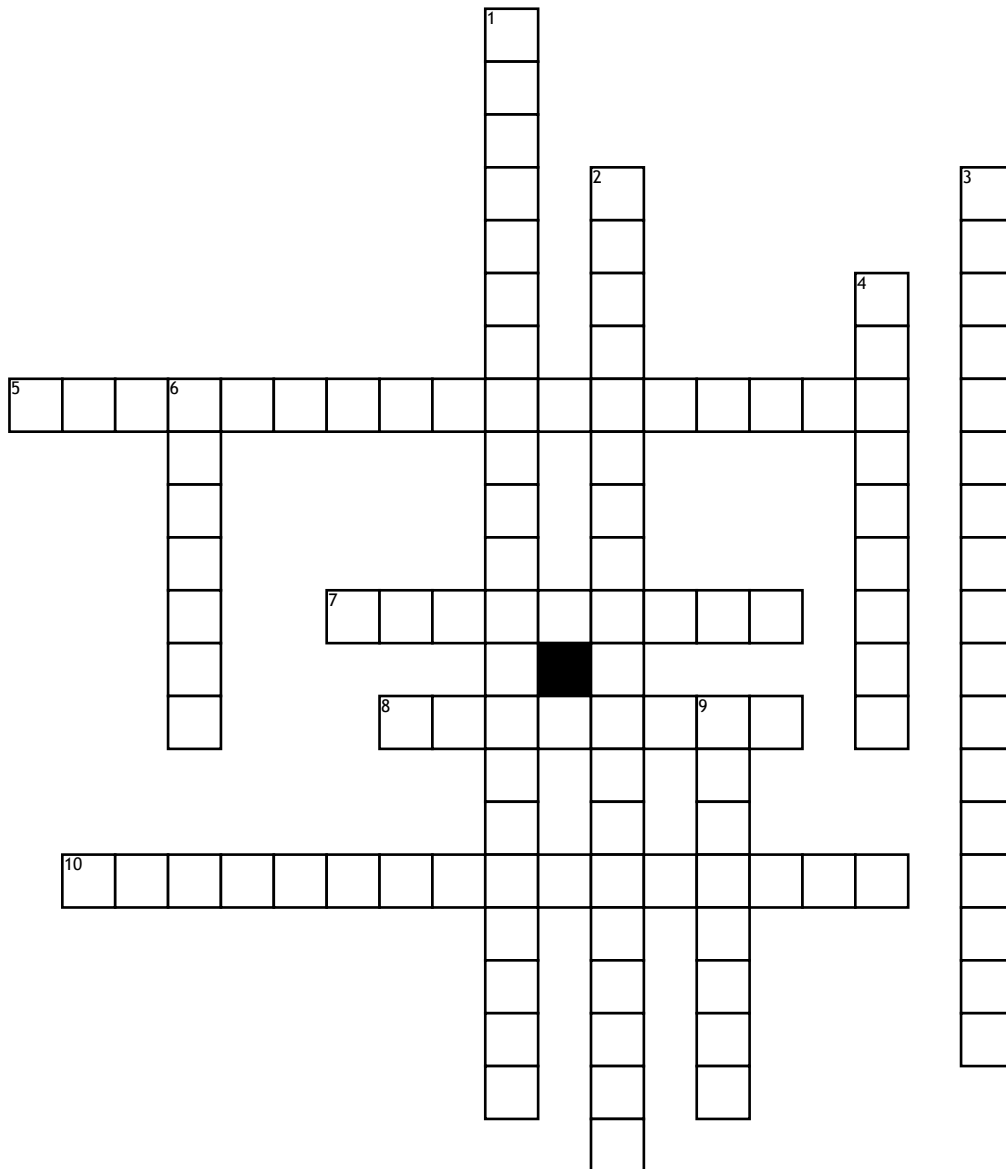


Name: _____

Date: _____

Mental and Emotional Health



Across

- 5. Mental processes that protect individuals from strong or stressful emotions
- 7. a firm observance of core ethical values
- 8. chemicals secreted by glands that can impact emotions
- 10. your sense of self

Down

- 1. Non-hostile comments that encourage you to improve

- 2. qualities that describe how a person thinks, feels, and behaves
- 3. striving to become the best you can be
- 4. intentional use of unfriendly or offensive behavior
- 6. ability to understand how another person feels
- 9. signals that tell your body and mind how to act