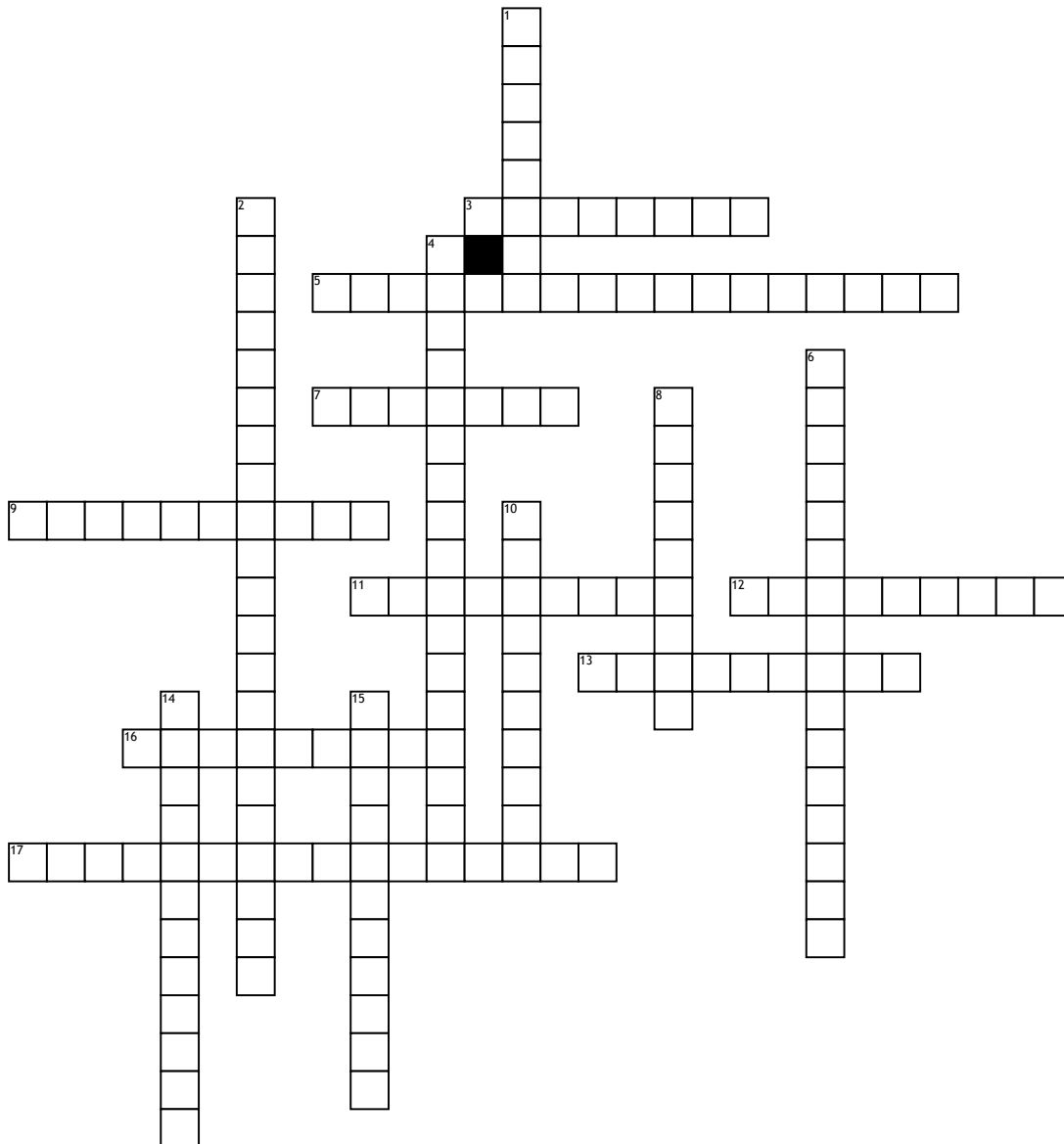


Name: _____

Date: _____

Stress



Across

3. Chemicals produced by your glands that regulate the activities of different body cells
 5. mental processes that protect individuals from strong or stressful emotions or situations
 7. the ability to imagine and understand how something feels
 9. how much you value, respect, and feel confident about yourself
 11. someone whose success or behavior serves as an example

12. the distinct qualities that describe how a person behaves

13. firm observance of core ethical values

16. the ability to adapt and recover

17. ranked list of those needs essential to human

Down

1. signals that tell your mind and body how to react

2. non-hostile comments that point out problems and encourages improvements

4. to strive to be the best you can

6. your sense of yourself as a unique individual

8. the intentional use of unfriendly or offensive behavior

10. Having the skill to do something

14. The Ability to accept yourself and others

15. a complex set of characteristics that makes you unique