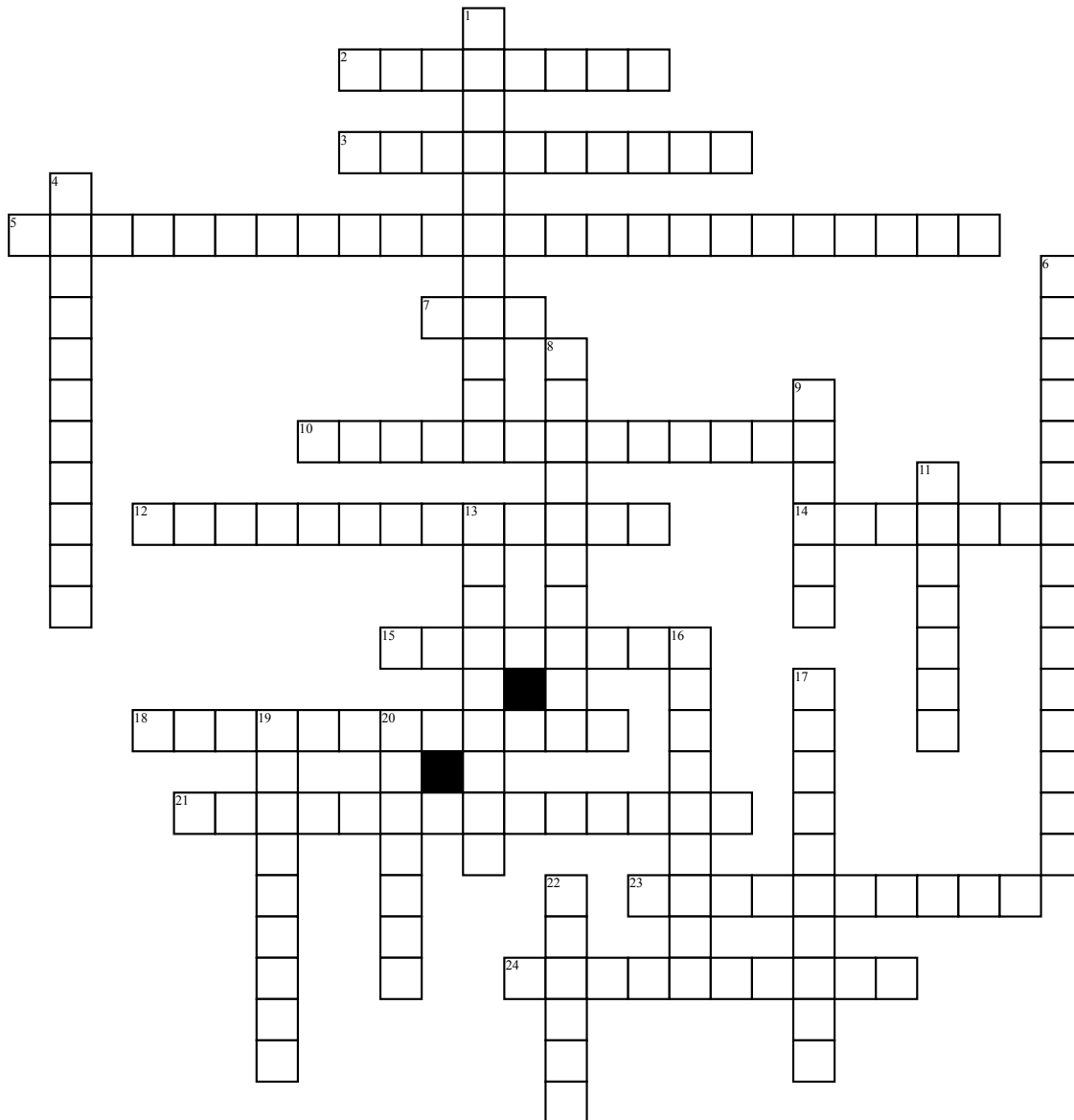


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Unit 5 questions



## Across

2. A suggestion to seek help or information from another.  
 3. How you feel about yourself.  
 5. The ability to handle stresses and everyday life in a reasonable way.  
 7. Feeling that you **MUST** do something to perform a certain activity.  
 10. The body's way of responding to stress.  
 12. an incurable but treatable chronic mental and emotional illness  
 14. Identifying with and sharing another persons feelings.  
 15. Feelings such as love, joy, anger, fear.

18. Mental and emotional in which a person undergoes mood swings that seem extreme.

21. stress that can help you reach your goals.  
 23. Belief in the ability to do what your set out to do.  
 24. frequent changes in your emotional state.

## Down

1. The way you view yourself overall.  
 4. A combination of feelings like dislikes, likes, attitude and habits.

6. extreme fears of real or imaginary situations that get in the way of real activities.

8. A hormone that increases sugar for extra energy  
 9. The body's response to real or imagined life events.  
 11. Tiredness  
 13. Places to get reliable information.  
 16. Sources of Stress  
 17. The ability to recover from problems or loss  
 19. Negative stress  
 20. The act of killing oneself on purpose.  
 22. An extreme fear of something.