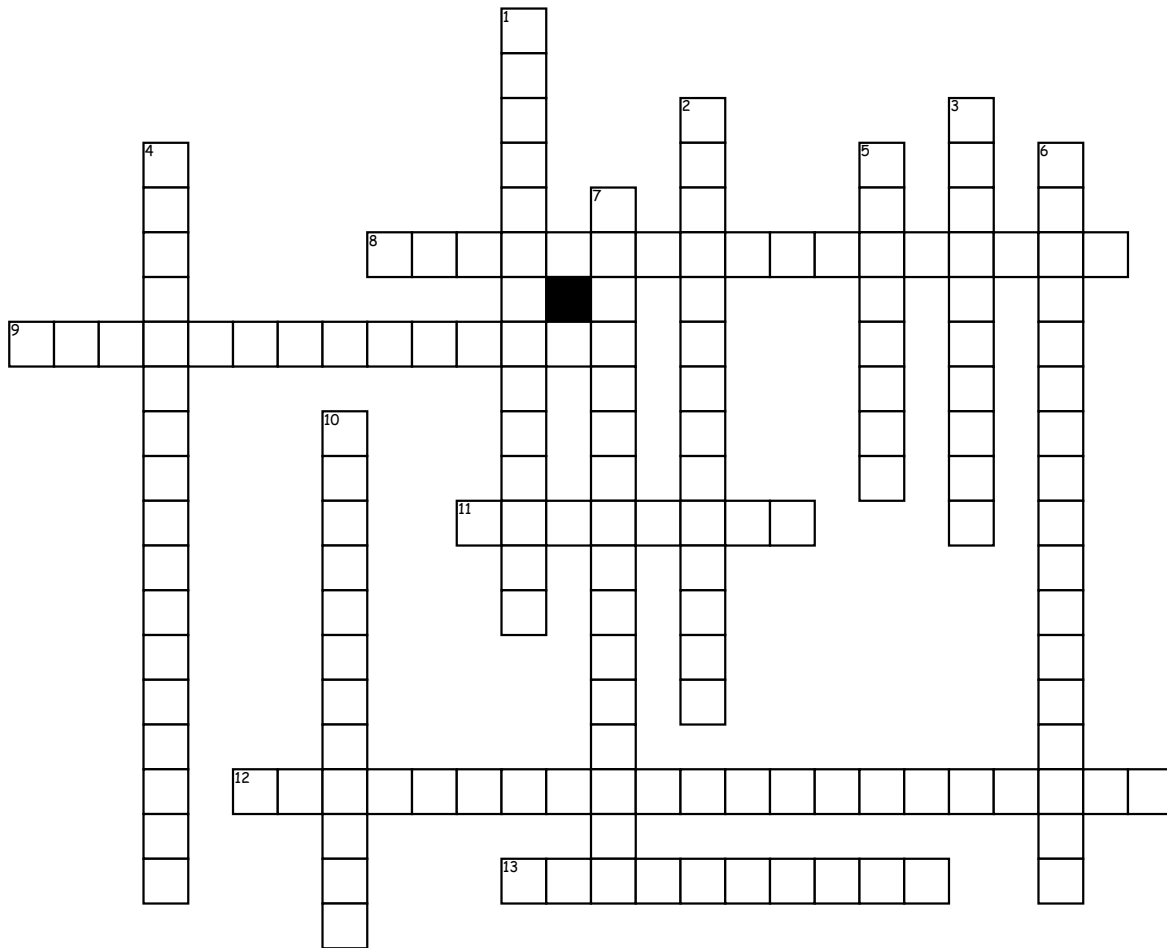


WELLNESS



Across

8. Behaviors that promote health, prevent injury and premature death, and improve the quality of the environment

9. How well you get along with others

11. Overall state of well being or total health

12. Keeping your air and water clean, your food safe and the land around you enjoyable and safe

13. A deliberate decision to avoid high-risk behaviors, including sexual activity and the use of tobacco, alcohol, and other drugs

Down

1. Adjustments to life events that allow feelings of self-worth and comfort with situations in life

2. Related to risks that increase in effect with each added risk

3. Taking steps to keep something from happening or getting worse

4. A deep seated sense of meaning and purpose in life

5. The way you act or choose to act in a situation

6. The way a person experiences and deals with feelings

7. How well your body functions

10. Actions that can potentially threaten your health and the health of others