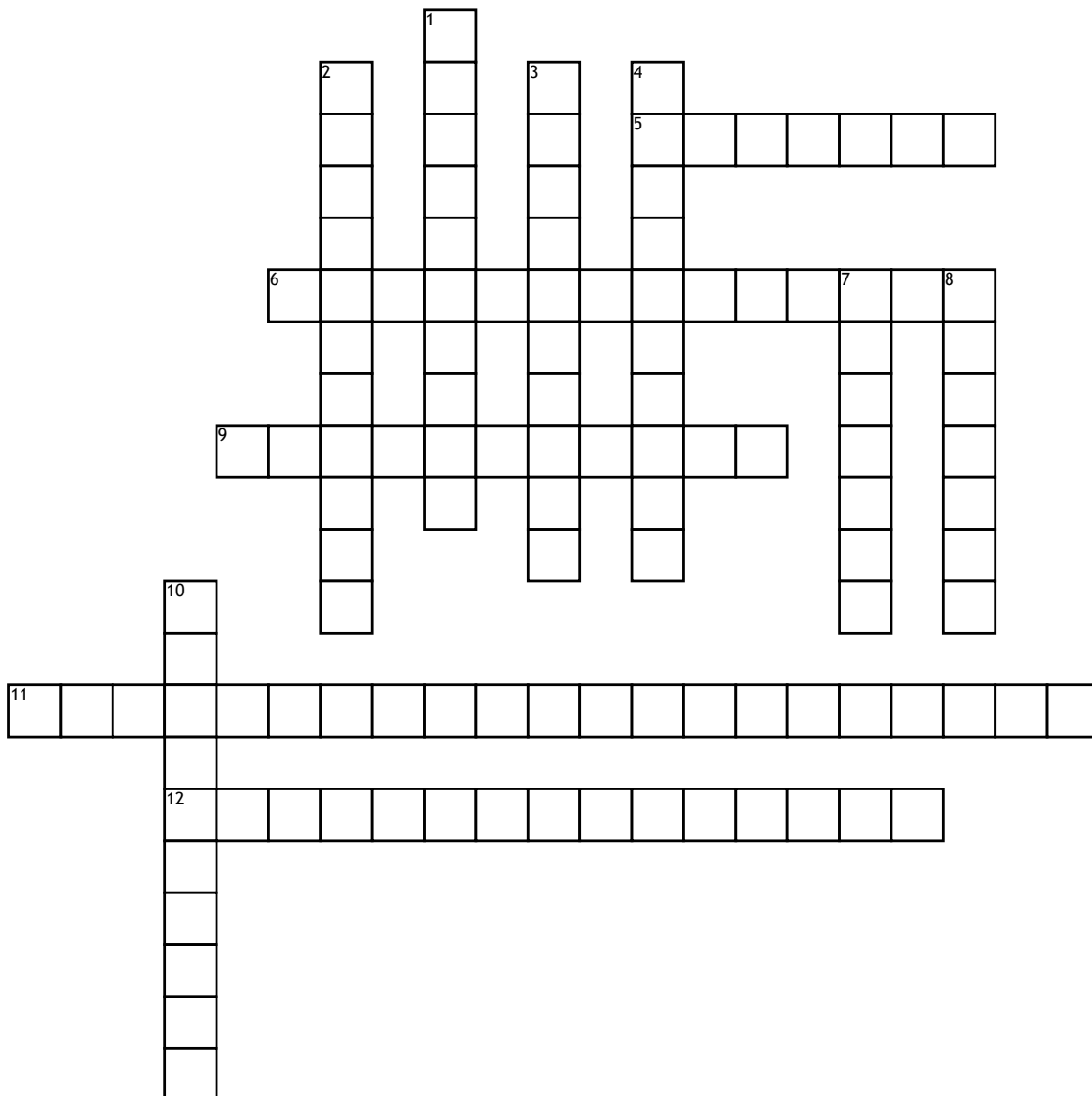


Chapter 5 Mental Emotional Health



Across

5. identifying and sharing another persons feelings

6. stress that helps you reach your goals

9. the way you view yourself

11. the ability to handle the stresses and changes of everyday life in a reasonable way

12. illnesses that affect a persons thoughts feelings or behaviors

Down

1. the ability to recover from problems or loss

2. a combination of your feelings, likes, dislikes, attitudes and abilities

3. belief in your ability to do what you set out to do

4. how you feel about yourself

7. identifying and sharing another persons feelings

8. the act of killing oneself on purpose

10. having a positive attitude about the future