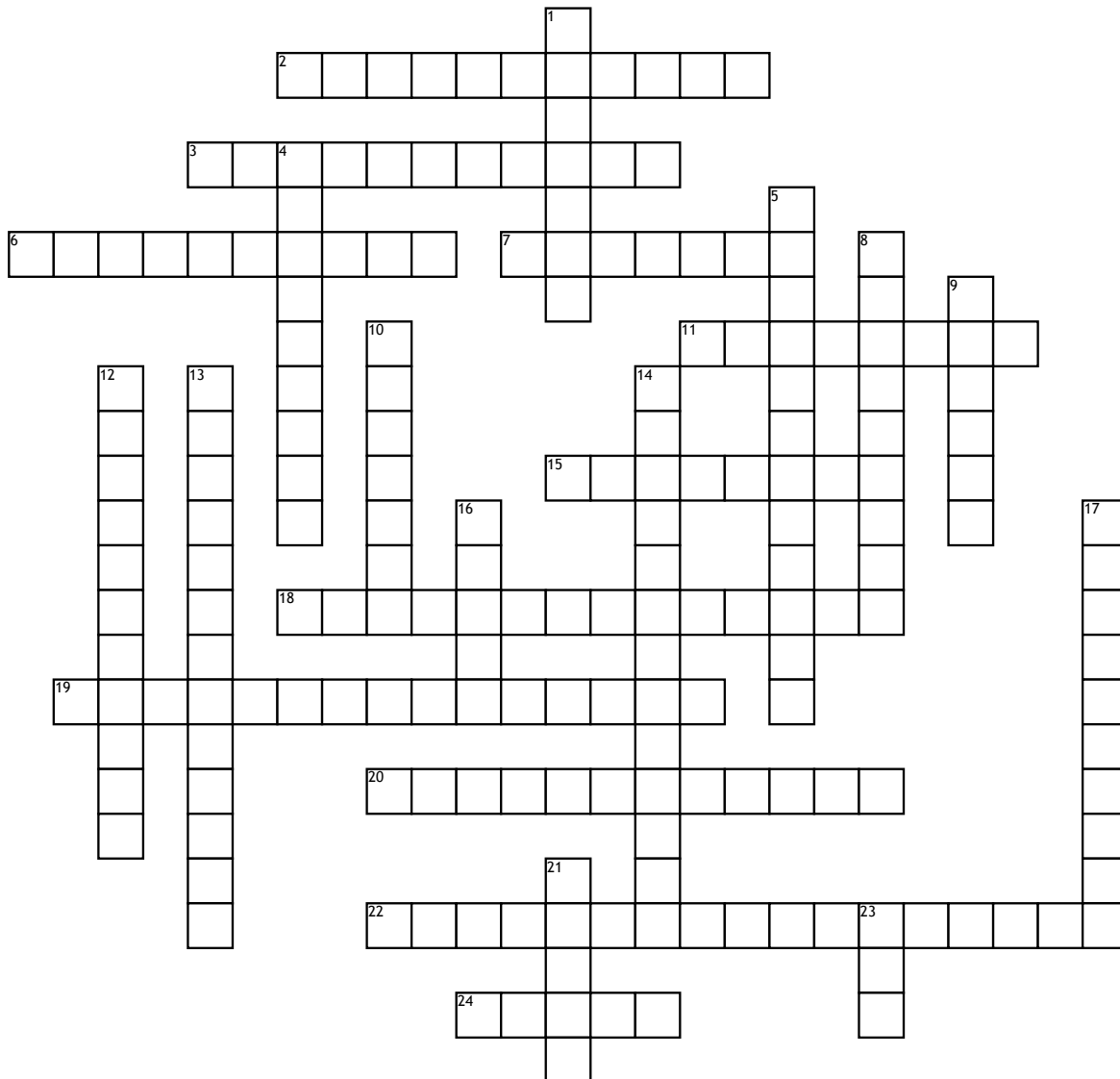


Health Puzzle



Across

2. As your body prepares for action it releases...
 3. Everyone has a unique...
 6. Having a positive outlook on the future.
 7. Wanting to be left alone is a sign of
 11. A suggestion to seek help from another person or place.
 15. Feelings such as love, joy, or fear.
 18. If these are not met, it can negatively affect your mental and emotional health.
 19. The body's response to stress is...
 20. a strategy you can use to build self-esteem by recognizing and accepting when you might need help.

22. extreme fears of real or imaginary situations that get in way of normal activity.

24. Learning a new _____ can improve your self-esteem.

Down

1. The effect of stress is...
 4. Places to get information.
 5. The way you view yourself overall.
 8. events that are the sources of stress.
 9. The way you _____ your emotions affects your mental and emotional health.
 10. Mental and emotional disorder _____ on their own and may become more sever if left untreated.

12. Frequent changes in your emotional state.

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

14. People meet to discuss their problems and help each other in

16. Denial, anger, bargaining, depression, and acceptance are the five stages of...

17. An optimistic person is ready to take on the _____ of life

21. The _____ can influence your choices greatly.

23. If you feel that you must perform a certain activity you may have...