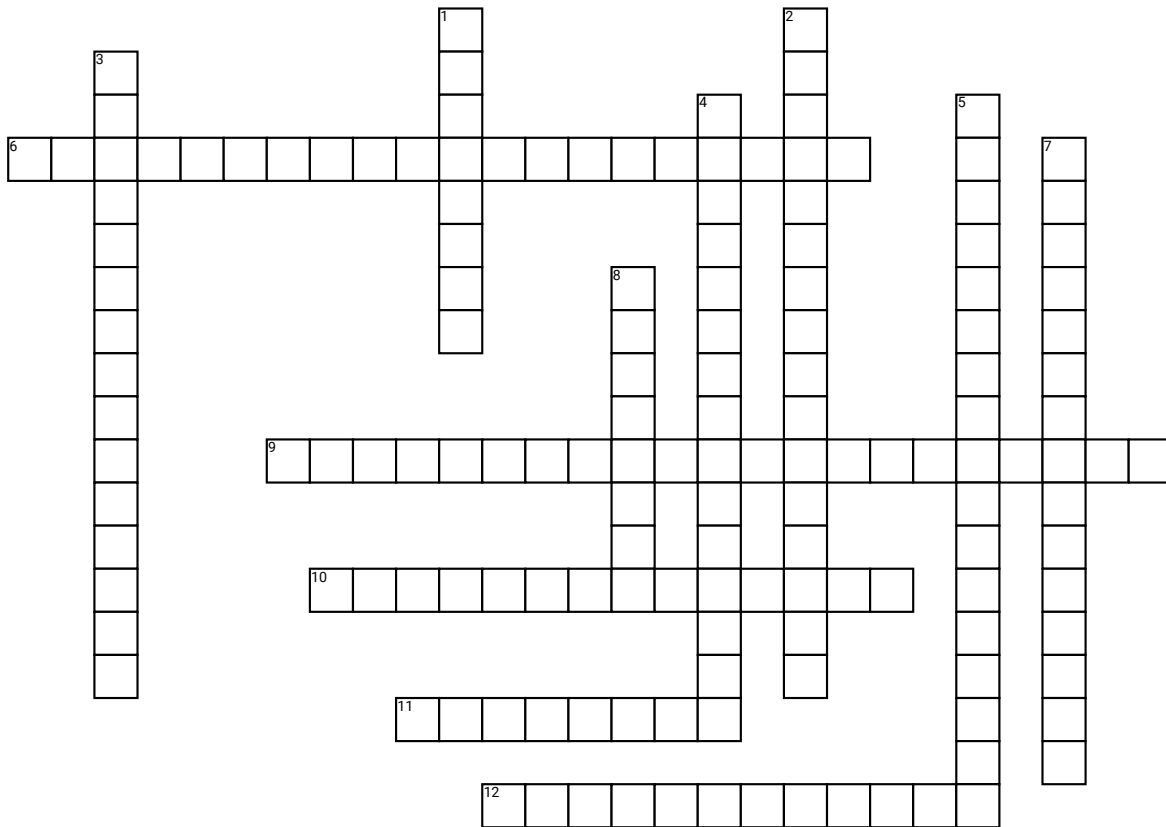


Name: \_\_\_\_\_

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

# Health & Wellness



## **Across**

- 6.** Finding personal fulfillment in a job or career and having positive, productive experiences
- 9.** Preserving the quality of key elements of the surrounding world that humans depend on for their health
- 10.** Interacting effectively with others and maintaining healthy relationships with family, friends, and romantic partners

**11.** Stimulant drug that's also likely to reduce the depth and quality of your sleep

**12.** Internal noise, increases digestive activity

## **Down**

- 1.** To escape a personal problem or an unpleasant emotional state
- 2.** Adopting a healthy lifestyle and avoiding health-threatening habits
- 3.** For fun stimulation or pressure

**4.** Openness to new ideas, learning from new experiences, and willingness to continue learning throughout life

**5.** Finding meaning, purpose, and peace in life

**7.** Doing drugs out of curiosity

**8.** Stimulates the nervous system, and keeps you awake