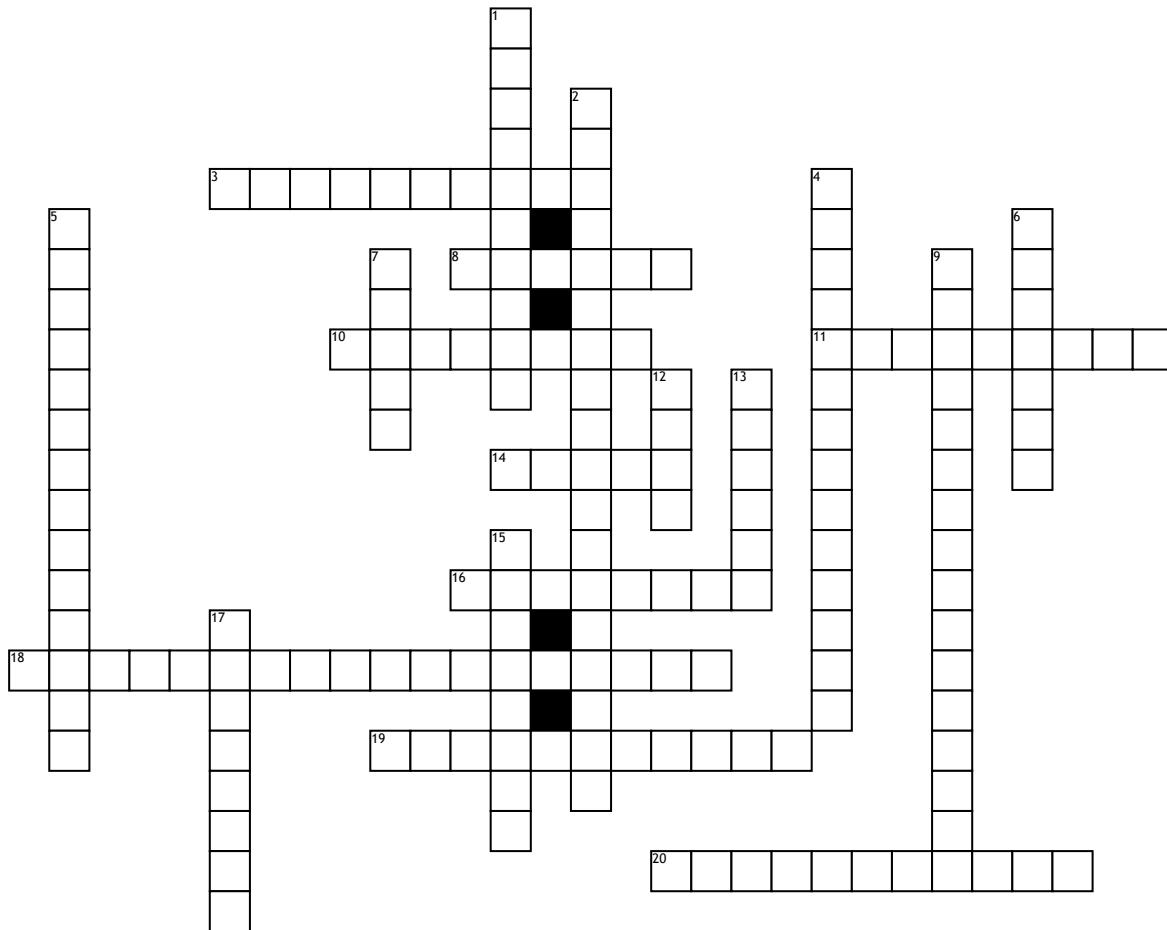


# Health and Wellness Review



**Across**

- 3. taking steps to avoid something. HSH-8
- 8. Is a combination of physical, mental/emotional, and social health. HSH-3
- 10. take action in support of a cause. HSH-14
- 11. goals that you can achieve in a short length of time. HSH-17
- 14. people close to you in age who are a lot like you. HSH 5
- 16. a state of well being or balanced health over a long period of time. HSH-3
- 18. describes how your emotions affect your physical and overall health and how your overall health affects your emotions. HSH-4

- 19. the living and nonliving things around you. HSH 5
  - 20. The process of working toward something you want to accomplish. HSH-17
- Down**
- 1. the conscious, active choice not to participate in high risk behaviors. HSH-9
  - 2. a life skill that involves solving a disagreement in a way that satisfies both sides. HSH-14
  - 4. The process of making a choice or solving a problem. HSH-15
  - 5. when one risk factor adds to another to increase danger. HSH-8
  - 6. the collected beliefs, customs, and behaviors of a group. HSH 6
  - 7. various methods of communicating information. HSH 6

- 9. find healthy ways to reduce and manage stress in your life. HSH-10
- 12. the chance that something harmful may happen to your health and wellness. HSH-7
- 13. the body's response to real or imagined dangers or other life events. HSH-11
- 15. the passing of traits from parents to their biological children. HSH 5
- 17. goals that you plan to reach over an extended period of time. HSH-17