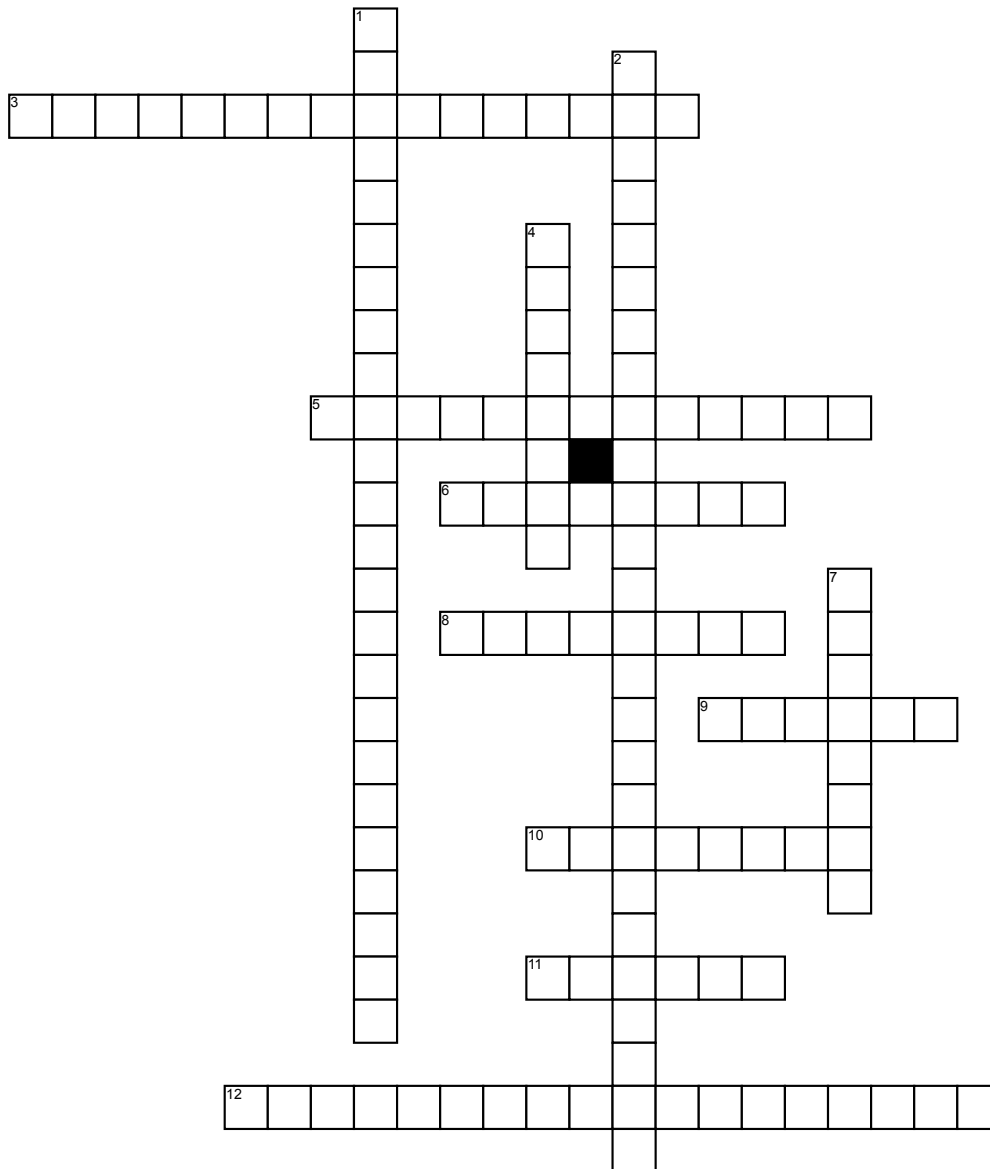


Lesson 1-6 Crossword Puzzle



Across

- 3.** Identifying sources of stress and learning how to handle them in ways that promote good mental/emotional health.
- 5.** Ways to say no effectively.
- 6.** A state of well-being or balanced health over a longer period of time.
- 8.** Taking action in support of a cause.

- 9.** The body's response to real or imagined dangers and other life events.
- 10.** A disagreement between people with opposing viewpoints, interests, or needs.
- 11.** A combination of physical, mental/emotional and social well-being.
- 12.** How your emotions affect your physical and overall health and how your overall health affects your emotions.

Down

- 1.** The ability to end a disagreement or keep it from becoming a larger conflict.
- 2.** The sharing of thoughts and feeling with other people
- 4.** Trustworthy and dependable
- 7.** The passing traits from parents to their biological children.