

Name: _____

Date: _____

Period: _____

Mental Health

S H T G N E R T S L A N O S R E P
S G S X M Y T R A I T S K Y A G B
T O Q N V U S G N I L E E F Q O D
R X L S J N E U S T R E S S D S X
E V L S Y C O P I N G N S Y N H H
S N B E E M O T I O N S R X Z P G
S E Z N F K R W C W U E C C M M A
W M F L H N R F I C S X H S C A M
M B G L M K Y H W P R O C J Y E V
H J I I L T R I O I I E Q P E B W
T X C L X J F N O C G Q Y T Z K Z
A U X A B Y S Q E R O S S E R T S
E Z J T D E R S E M O E T X U R F
D C T N N B T D U X F G T B T H B
D E J E J H T X U L I R B W J Y C
G X K M A Q X K E I Q Q M L P O A
H E D I C I U S Q S S E R T S I D

Personal Strengths
Self-esteem
Emotions
Choices
Coping

Mental Illness
Feelings
Distress
Suicide
Stress

Body Response
Stressor
Eustress
Traits
Death