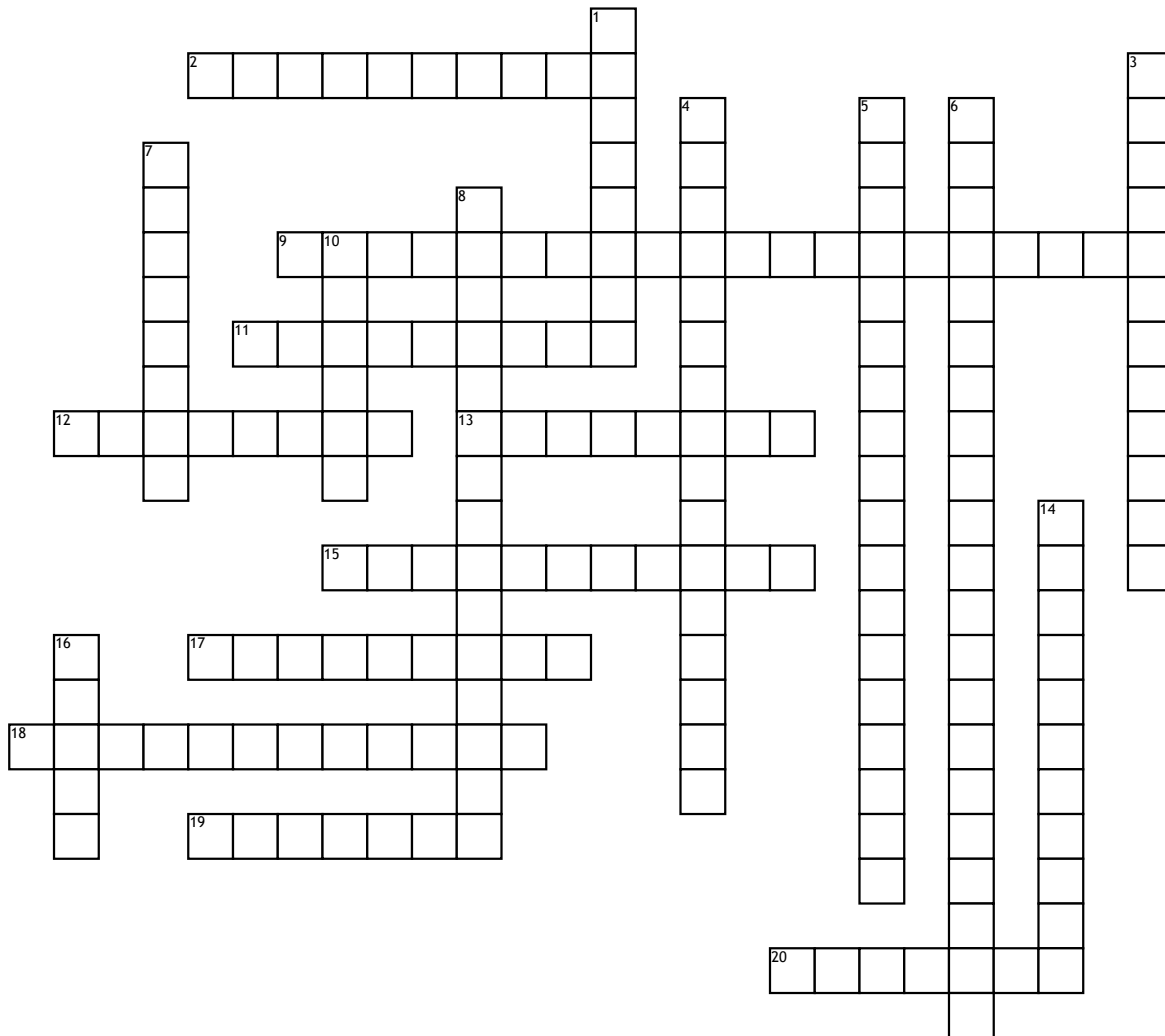


Mental Health



Across

2. The way you feel about yourself and how you value yourself
 9. Extreme tiredness caused by your mental state
 11. Anything that can cause stress
 12. Positive stress
 13. A disagreement between people with opposing views or goals
 15. The positive feeling you have about yourself when you live up to your values.
 17. The way in which a person thinks, feels or acts

18. A situation with your words, saying one thing but your body language says another.
 19. Exhaustion
 20. Ability to understand and share another persons feelings

Down

1. Feelings that arise in ones response to thoughts, remarks and events
 3. Outcomes or effects that may occur as a result of a decision or any action.
 4. Hearing, thinking about, and responding to another person message.

5. Solving a disagreement in a way that satisfies both sides
 6. The ability to accept one self and other and adapt to and cope with emotions and deal with the problems and challenges one meets
 7. Negative stress
 8. Extreme tired of the whole body.
 10. Your bodies response to changes.
 14. The unique combination of feelings, thoughts, and behaviors that makes one person different from everyone else.
 16. The sorrow caused by the loss of a loved one.