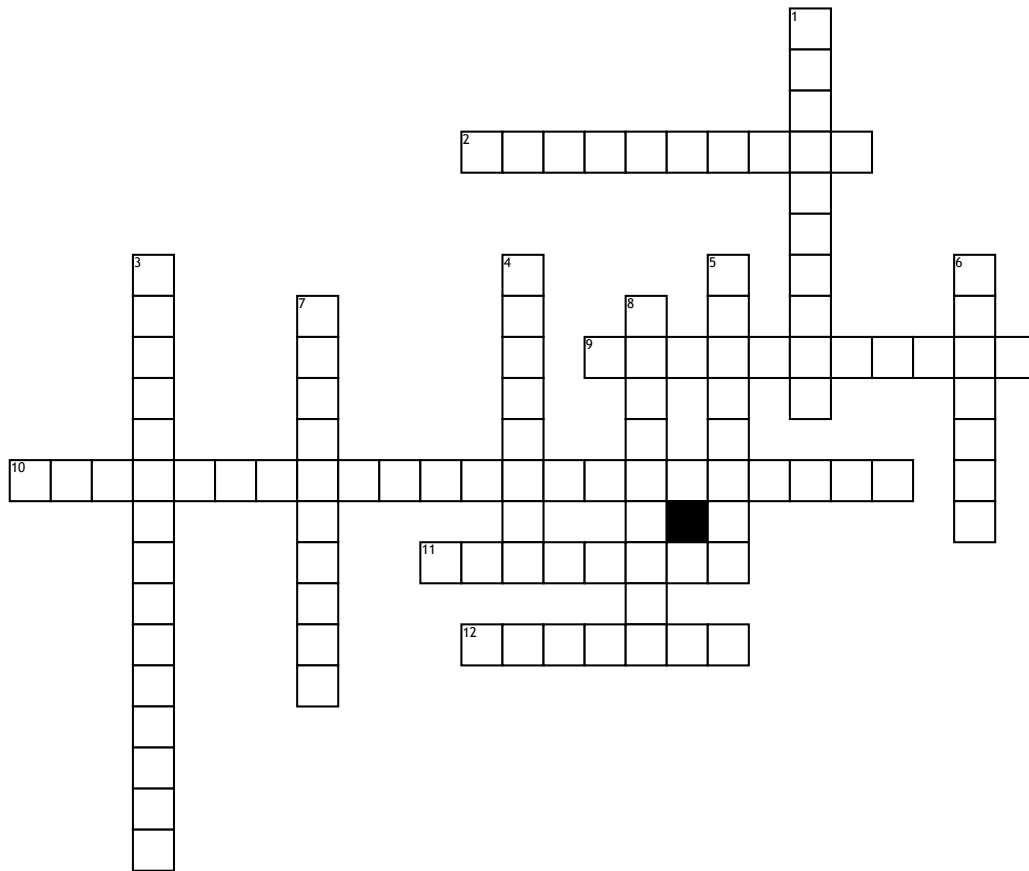


# Mental & Emotional Health



**Across**

2. Confidence and pride you have in yourself

9. Special mix of traits, feelings, attitudes and habits

10. Your ability to deal in a reasonable way with the stresses and changes of daily life.

11. Stress that prevents you from doing what you need to do or that causes you discomfort

12. Ability to identify and share another person's feelings

**Down**

1. Hormone that increases the level of sugar in your blood, thereby giving your body extra energy

3. A disorder in which intense fear keeps a person from functioning normally

4. Feelings such as love, joy, or fear

5. Stress that can help you to accomplish goals

6. Extreme tiredness

7. Mood disorder involving feelings of hopelessness, helplessness, worthlessness, guilt and extreme sadness

8. Able to bounce back from a disappointment

**Word Bank**

distress

Fatigue

Eustress

Emotions

adrenaline

Depression

Self-esteem

Mental & Emotional Health

Empathy

anxiety disorder

Personality

resilient