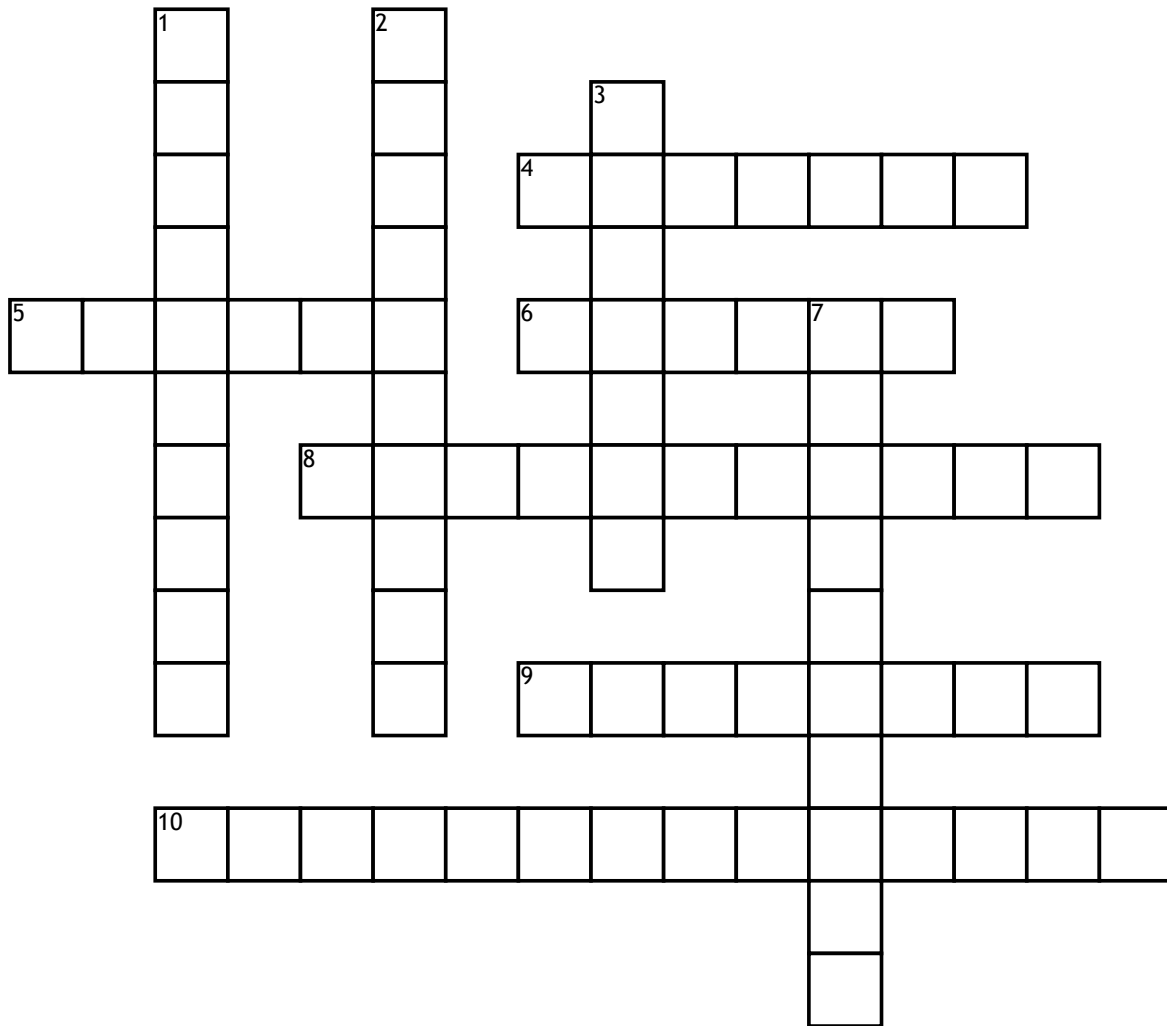


Mental and Emotional Health Crossword Puzzle



Across

- 4. Identify and sharing another person's feelings
- 5. Refuse to accept reality
- 6. Body's response to change
- 8. The unique combinations of feelings, thoughts and behaviors that make you different from everybody else
- 9. Anything that causes stress

10. Strategies for using time efficiently

Down

- 1. A hormone that's gives the body extra energy
- 2. Allows you to face challenge and move past them in a healthy way
- 3. Feelings created in response to thought, remark, or events
- 7. The way you feel and value about yourself