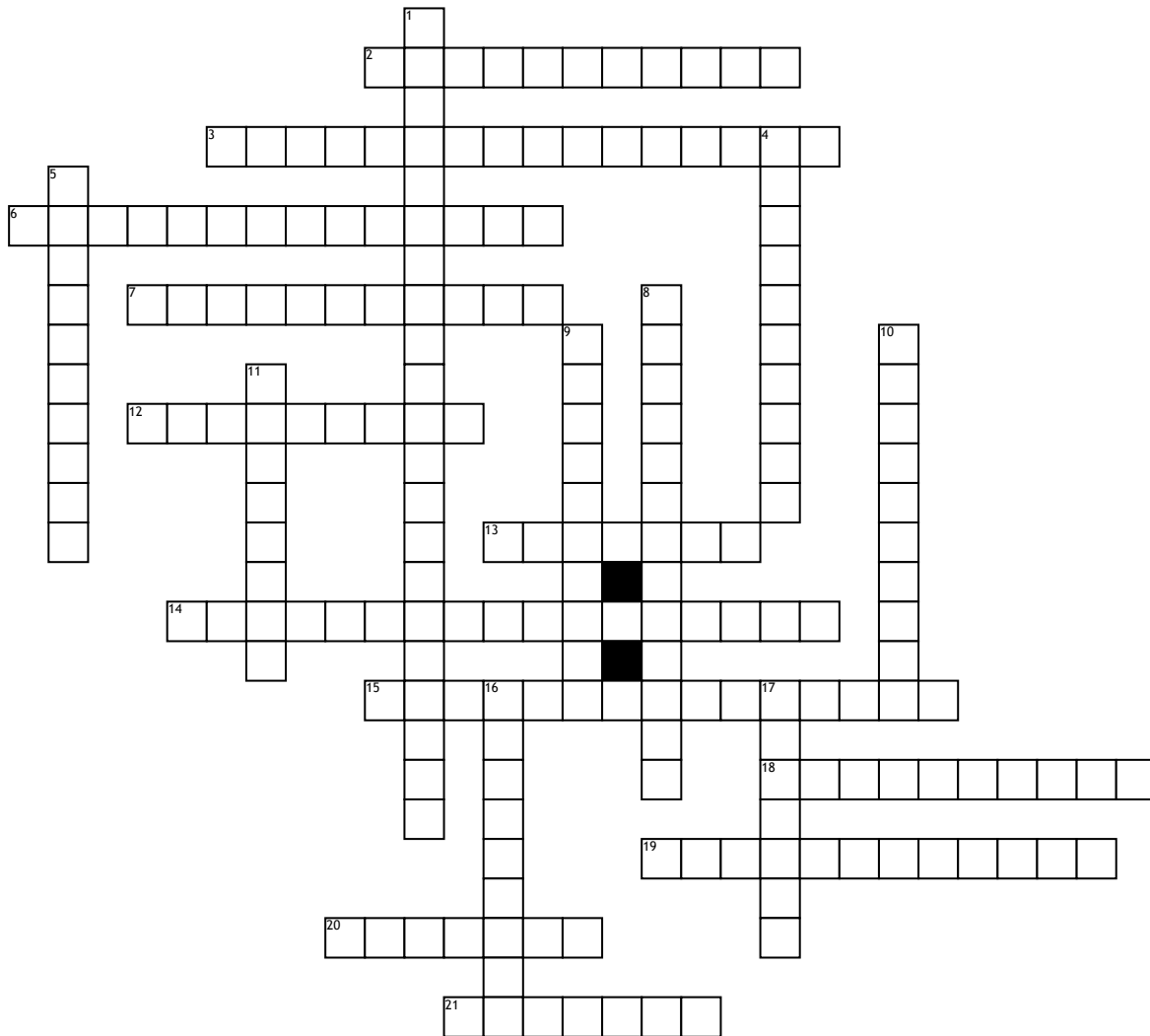


Name: _____

Date: _____

Mental health vocabulary



Across

2. How soft or loud you are speaking
3. Unconscious behavior used to avoid experiencing unpleasant emotions
6. An illness that affects a persons thoughts, emotions, and behaviors
7. Measure of how you view yourself
12. Direct and respectful
13. Not offering opposition when challenged or pressured
14. The achievement of the best a person can be

15. Letting speaker know you are listening

18. Restating what someone else said

19. The state of mental well being in which one can cope with the demands of daily life

20. Feeling that is produced in response to life experiences

21. Change that a person notices in his or her body or mind that is caused by disease or disorder

Down

1. Good advise on how to improve self

4. How much you value and respect yourself, confident

5. A sadness and hopelessness that keeps a person from carrying out everyday activities

8. Process in which two or more people exchange information

9. Hostile and unfriendly

10. Emphasis put on voice

11. Coaching yourself on self worth

16. Doing what you know is right

17. Understanding ones feelings