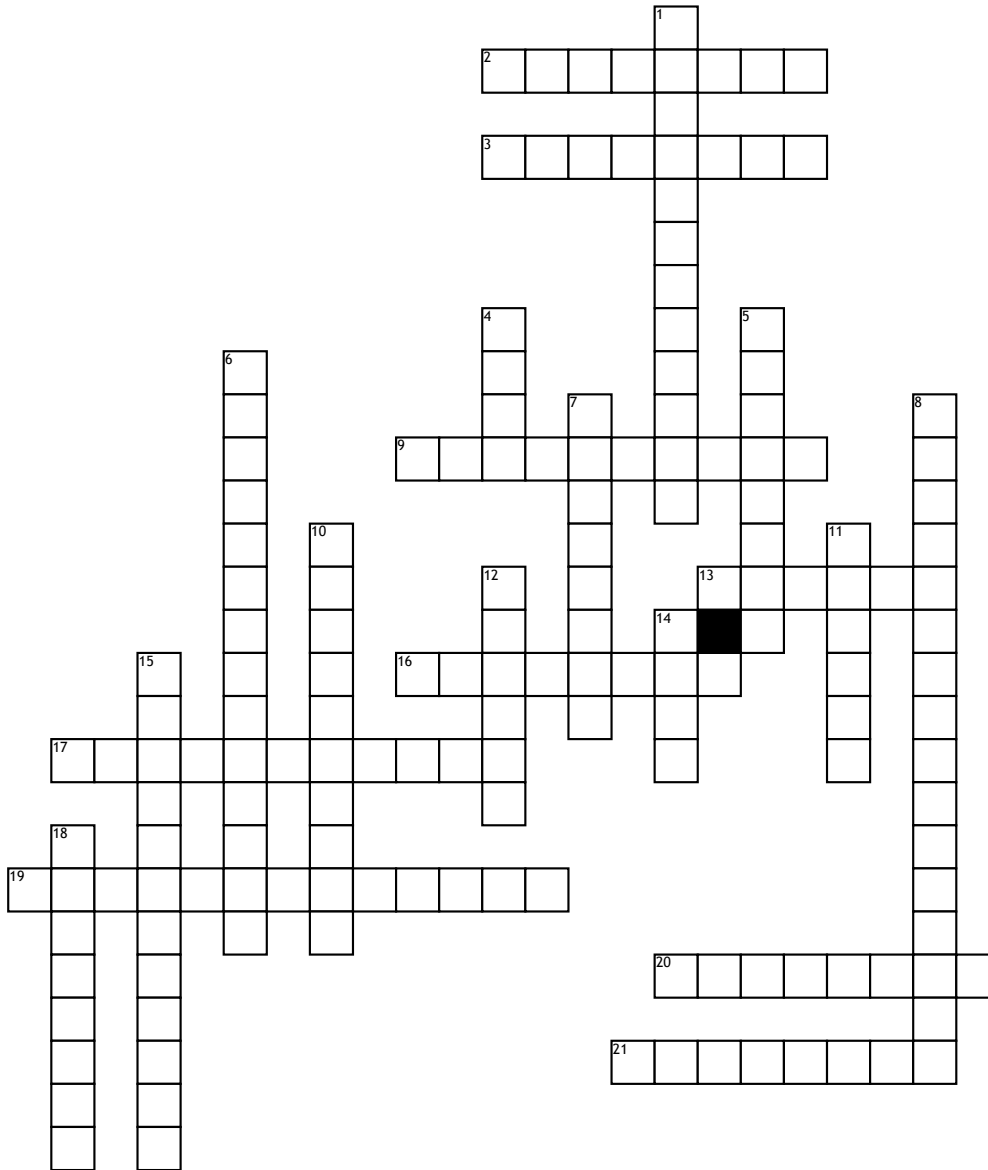


Wellness Puzzle



Across

2. the cause of physical and emotional changes
 3. Felling that influence everything one does.
 9. The confidence and worth one feels about oneself
 13. The body's and mind's reaction to everyday demands
 16. whole; considering physical, mental and social influences on the whole person and his or her health
 17. The result of an action
 19. The level of health and satisfaction that a person has in being alive

20. The act of making a choice or coming to a solution
 21. Negative stress

Down

1. The way you get along with others
 4. An aim that requires planning and work to attain
 5. The passing of characteristics from parents to offspring
 6. How well your body functions
 7. An overall state of well-being, or total health
 8. personal behaviors related to the way a person lives.

10. A planned, preventive action taken before an event to increase the chances of a safe outcome.

11. The combination of physical, mental, emotional, and social well-being
 12. Principles that one considers important and that guide one's life
 14. A behavior with an element of danger that may cause injury or harm
 15. Your feelings about yourself, how well you meet the demands of life, and your ability to process information
 18. Positive stress