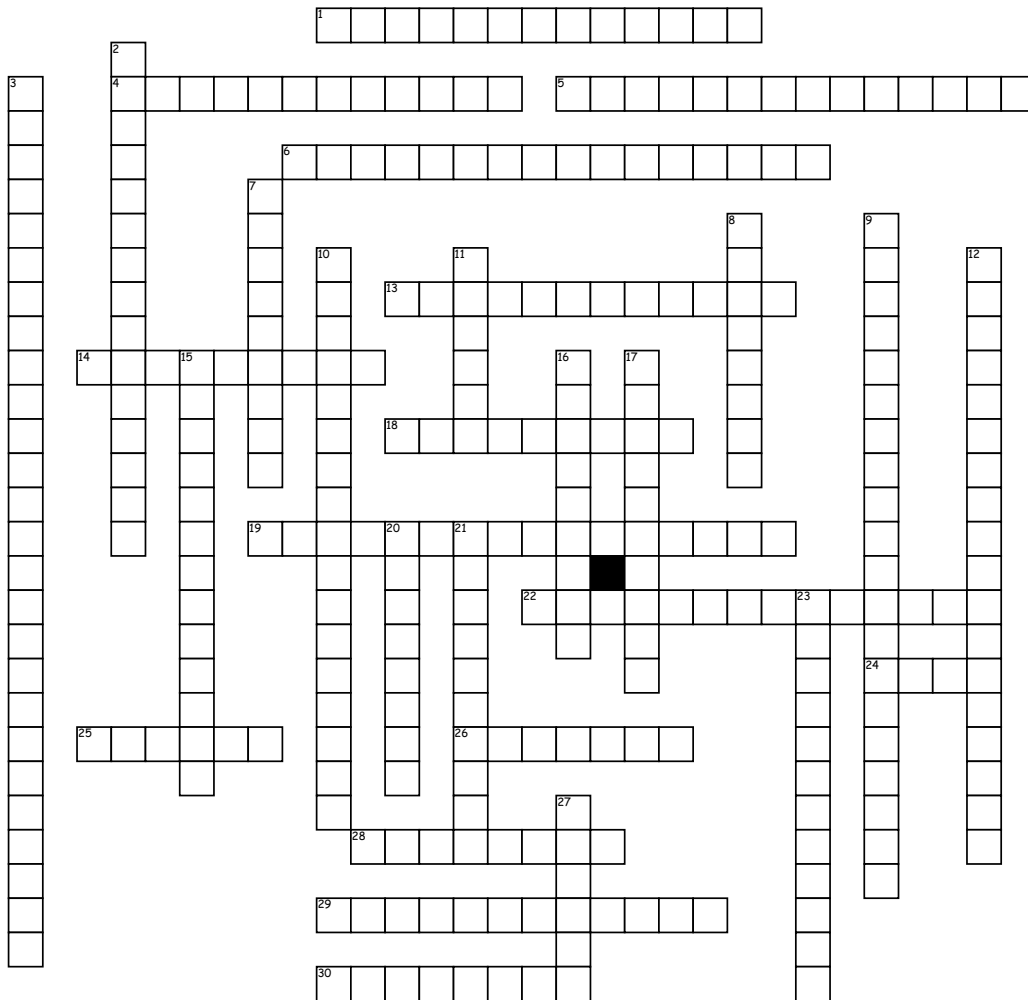


chapter 1 throw chapter 3



Across

- 1. a goal that you can reach in a short period of time
- 4. An individual's psychological well-being; how an individual copes with the demands of life.
- 5. How well your body functions: Healthy diet, regular exercise, adequate sleep, proper medical and dental care.
- 6. ways to deal with or overcome the negative effects of stress
- 13. specific tools and strategies that help you maintain, protect, and improve all aspects of health
- 14. distinctive qualities that describe how a person thinks, feels, and behaves
- 18. the intentional use of unfriendly or offensive behavior
- 19. ranked list of those needs essential to human growth and development, presented in ascending order, starting with basic needs and building toward the end to reach your highest potential
- 22. What are playing sports, taking part in artistic or creative activities, public speaking, and making friends all examples of?
- 24. something you aim for that takes planning and work
- 25. the combination of physical, mental/emotional, and social well-being
- 26. the ability to imagine and understand how someone else feels
- 28. Passing of traits from parents to offspring and a part of health you have no control over

- 29. aspect of psychological health that includes interactions with others individually and in groups, ability to use social supports, and ability to adapt to various situations

- 30. chemicals produced by your glands that regulate the activities of different body cells

Down

- 2. The aspect of health that refers to how you react to events in your life. You express the appropriate feelings for the events you experience in life
- 3. the exchange of thoughts, feelings, and beliefs between two or more people
- 7. the distinctive qualities that describe how a person thinks, feels, and behaves
- 8. an overall state of well-being, or total health
- 9. taking action to influence others to address a health-related concern or to support a health-related relief
- 10. mental processes that protect individuals from strong or stressful emotions and situations
- 11. the ideas, beliefs, and attitudes about what is important that help guide the way you live

- 12. the process of ending a conflict through cooperation and problem solving
- 15. communication strategies that can help you say no when you are urged to take part in behaviors that are unsafe or unhealthy, or that go against your values
- 16. character distinctive qualities that describe how a person thinks, feels, and behaves role model someone whose success or behavior serves as an example for others
- 17. a multi step strategy to identify and achieve your goals
- 20. taking action to influence others to address a health-related concern or to support a health-related relief
- 21. having enough skills to do something
- 23. a goal that you plan to reach over an extended period of time
- 27. the reaction of the body and mind to everyday challenges and demands

Word Bank

- | | | | |
|---------------------|-----------------|-----------------------------|------------------------|
| conflict resolution | advocacy | hierarchy of needs | decision-making skills |
| stress management | Social Health | character | Emotional Health |
| role model | competence | short-term goal | wellness |
| values | long-term goal | interpersonal communication | refusal skills |
| goal | empathy | defense mechanisms | action plan |
| stress | Physical Health | Mental Health | healthful risks |
| heredity | character | health skills | hostility |
| health | hormones | | |