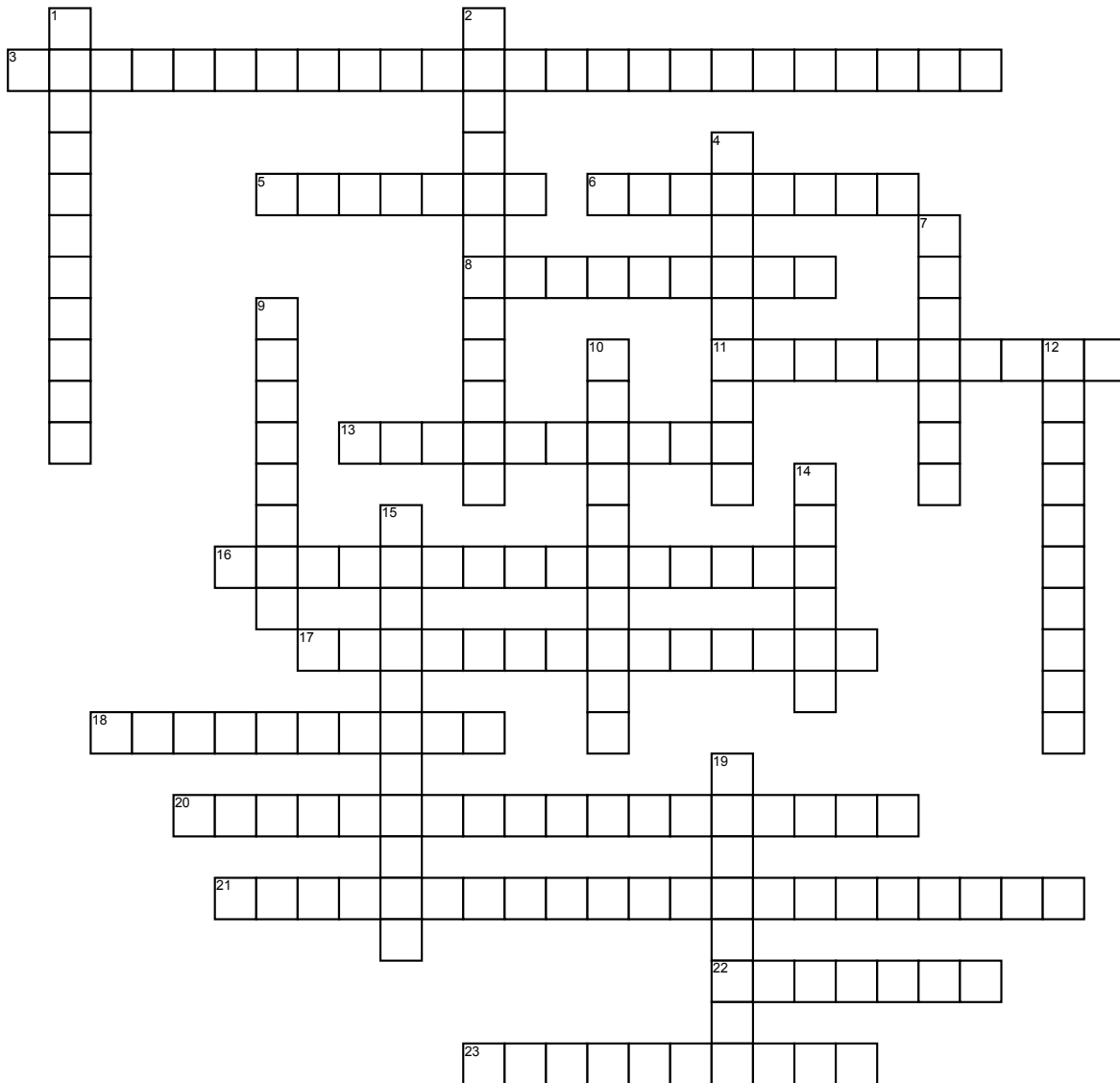


# health crossword vocabulary ch 5



**Across**

- 3. The ability to handle stress and changes of everyday life in a responsible way is the definition of...
- 5. what is the act of killing ones self?
- 6. what is a suggestion to seek help or information from another person or place?
- 8. what is a source of stress?
- 11. What is the ability to recover from problems or loss
- 13. what is a hormone that increases the level of sugar in the blood giving body extra energy?
- 16. what is extreme fears of real or imagined situations that get in the way of normal activities?
- 17. what is a stress that can help you reach your goals

- 18. frequent changes in emotions is called?
- 20. what is an illness that affects a persons thought feelings and behavior?
- 21. the body's way of responding to threats is called?
- 22. Identifying with and sharing another persons feelings is called?
- 23. having a positive attitude on the future is called being?

**Down**

- 1. the way you see yourself as an overall person is called?
- 2. what is a mental and emotional problem in which a person under goes mood swings that seems extreme inappropriate or lost a long time?
- 4. what is places to get information support and advice?

- 7. what is a synonym of tiredness?
- 9. what is felling such as love joy and fear?
- 10. this is apart of your self concept and how you feel about yourself?
- 12. what is believing in what you do in the future?
- 14. what is the body's response to relay imagined dangers or other life events?
- 15. What is a combination of your feelings, likes, dislikes, attitudes, abilities, and habits?
- 19. what is a stress that prevents you from doing what you need to do or stress that causes you discomfort?