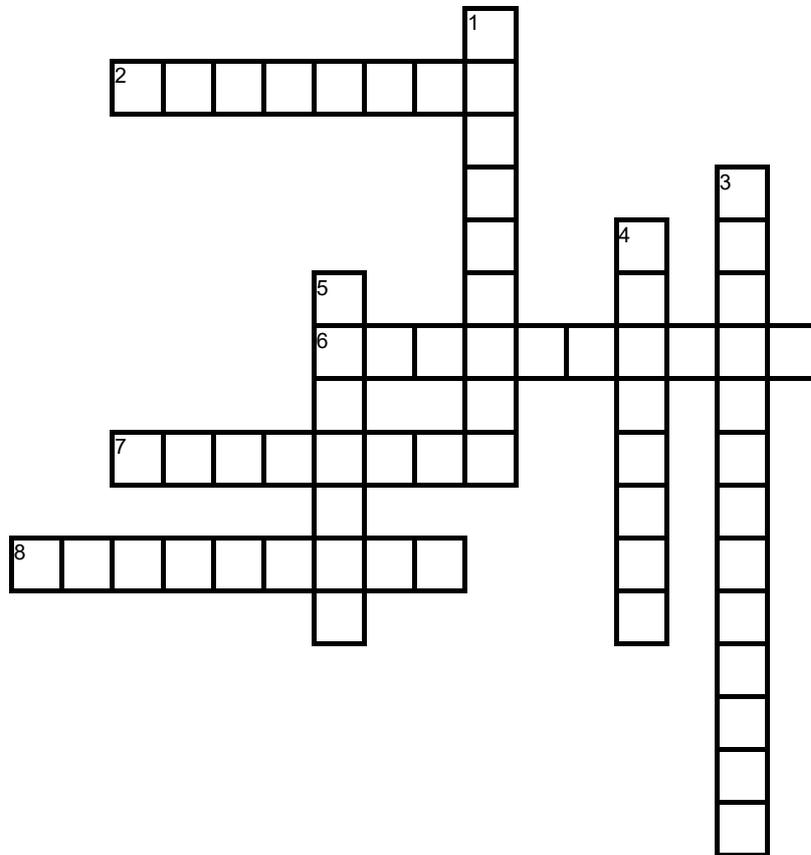


Name: _____

Date: _____

Resilience and Optimism



Across

- 2. To do something over and over in order to improve
- 6. The ability to bounce back
- 7. Hopefulness about the future and oneself
- 8. Something that takes effort to overcome

Down

- 1. A tendency to believe the worst about oneself or a situation
- 3. Related to a person's mind or emotions
- 4. Optimists see negative outcomes as temporary, impersonal and _____
- 5. The way a person views a problem or situation

resilience

pessimism

challenge

optimism

psychological

framing

specific

practice

