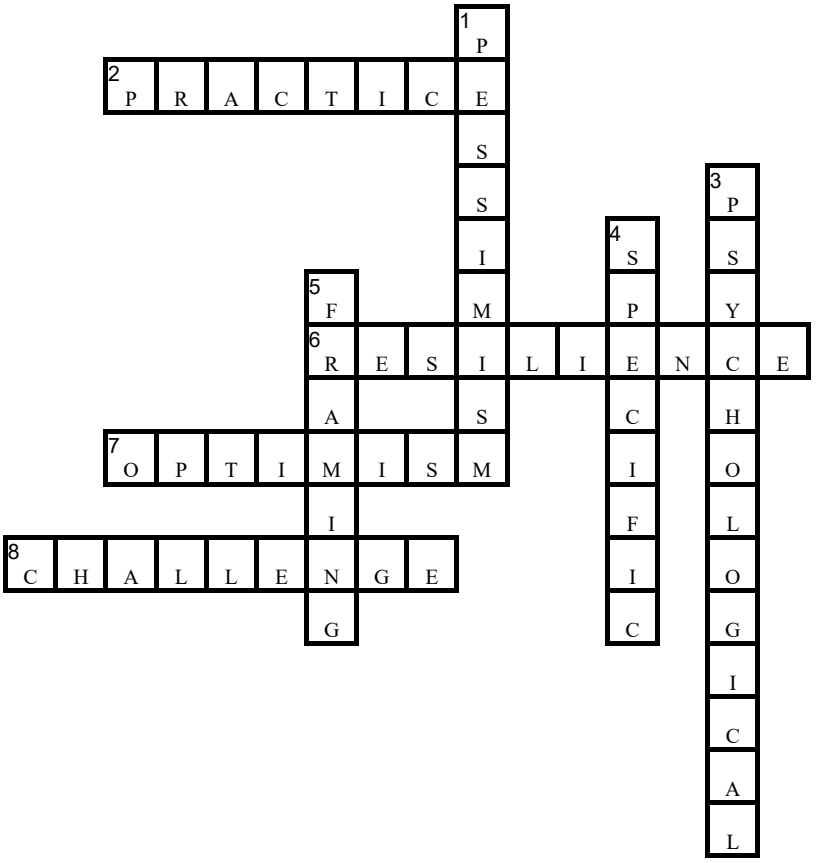
Name: _____ Date: _____

# 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

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