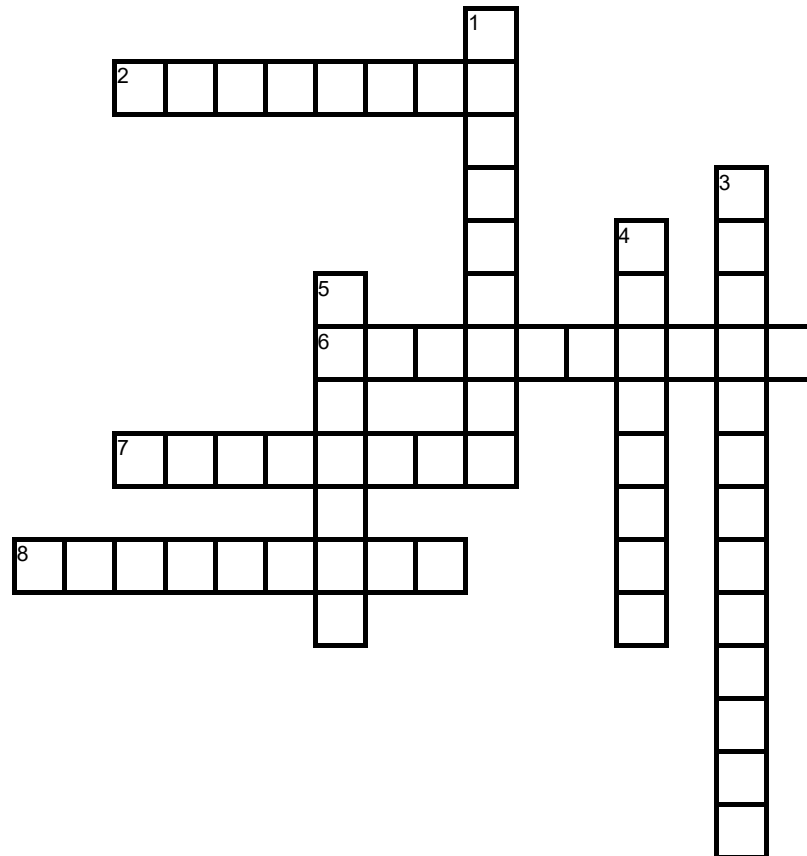


Name: \_\_\_\_\_

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