

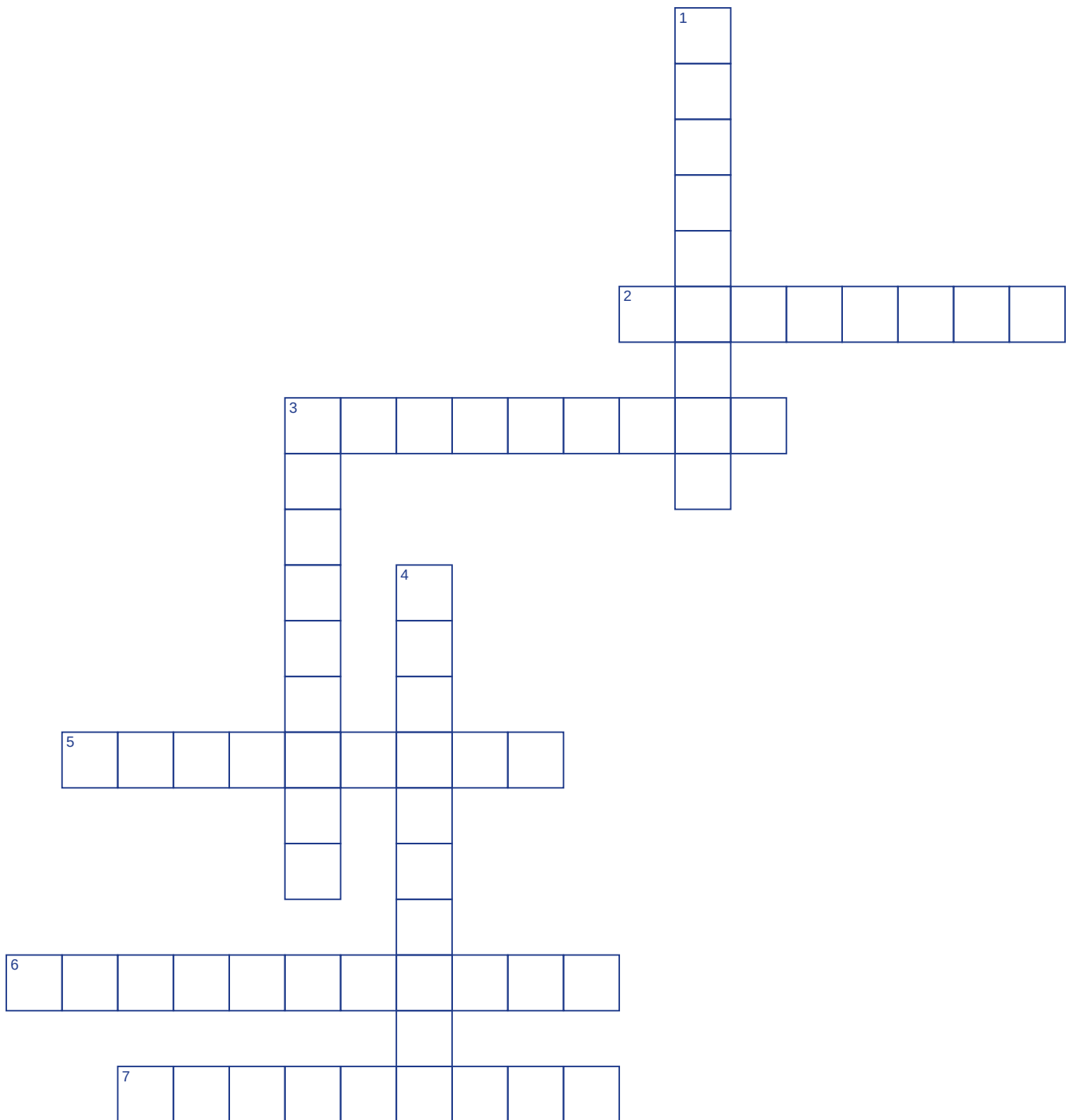
Personal Choices and Well-Being Crossword

Career and Life Management asks students to examine well-being as a whole system rather than a single trait. General Outcome 1 defines well-being across the emotional/psychological, intellectual, social, spiritual and physical dimensions, and requires students to understand the dynamic interplay among these factors ([Topic](#)). This crossword reviews the vocabulary behind that framework: the holistic nature of well-being ([Outcome](#)), the determinants that shape health choices, the resilience students draw on to cope with challenges and change ([Outcome](#), [Outcome](#)), and the effects of substance use on health ([Outcome](#)). Use it to check that you can define these terms precisely before applying them in a personal wellness plan.

How to play

Solve each clue and write the answer into the numbered grid, one letter per box. Across and down answers share letters at their intersections, so a correct entry in one word will confirm or correct letters in another. All answers are single words drawn from Career and Life Management vocabulary related to personal choices and well-being. Work through the clues you know first, then use the intersecting letters to work out the harder terms. No answers appear on the puzzle page. Check your completed grid against the answer key only after you finish.

Puzzle grid



Clues

Across

2. Treating something as a complete whole rather than separate parts ([Outcome](#)) (8)
3. Relating to meaning, purpose, and inner values ([Outcome](#)) (9)
4. An understanding of the emotional/psychological, intellectual, social, spiritual and physical dimensions of health and their dynamic interplay (9)
5. A factor that influences or decides a particular outcome ([Outcome](#)) (11)

6. The state of being comfortable, healthy, and happy ([Outcome](#)) (9)

Down

1. Relating to feelings and moods ([Outcome](#)) (9)
2. A material or chemical that can affect the body, such as tobacco or alcohol ([Outcome](#)) (9)
3. The ability to recover from difficulties and adapt to change ([Outcome](#)) (10)

Answer key

- **1 down:** EMOTIONAL
- **2 across:** HOLISTIC
- **3 across:** SPIRITUAL
- **3 down:** SUBSTANCE
- **4 down:** RESILIENCE
- **5 across:** DIMENSION
- **6 across:** DETERMINANT
- **7 across:** WELLBEING

