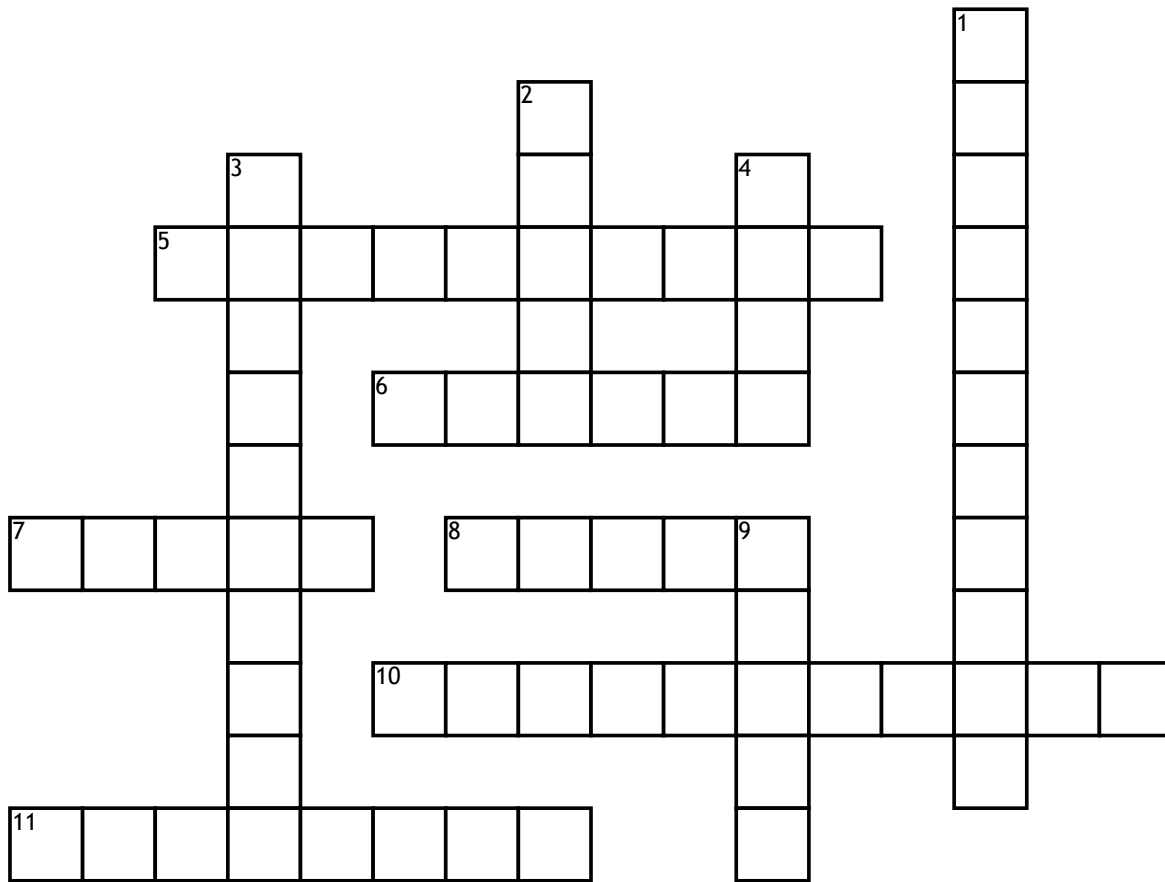


Name: _____

Stress Response



Across

- 5. an effective technique for managing stress
- 6. A body system severely weakened by long-term stress
- 7. Rated life's most stressful event
- 8. The stress response is often referred to as the _____ or flight response
- 10. Hormone released during the stress response
- 11. event which produces stress

Down

- 1. The stress response is a physiological response to maintain _____.
- 2. first stage of the stress response
- 3. Second phase of the stress response
- 4. amount of stress is not as important as one's ability to _____ with stress.
- 9. This personality is often linked to high stress levels