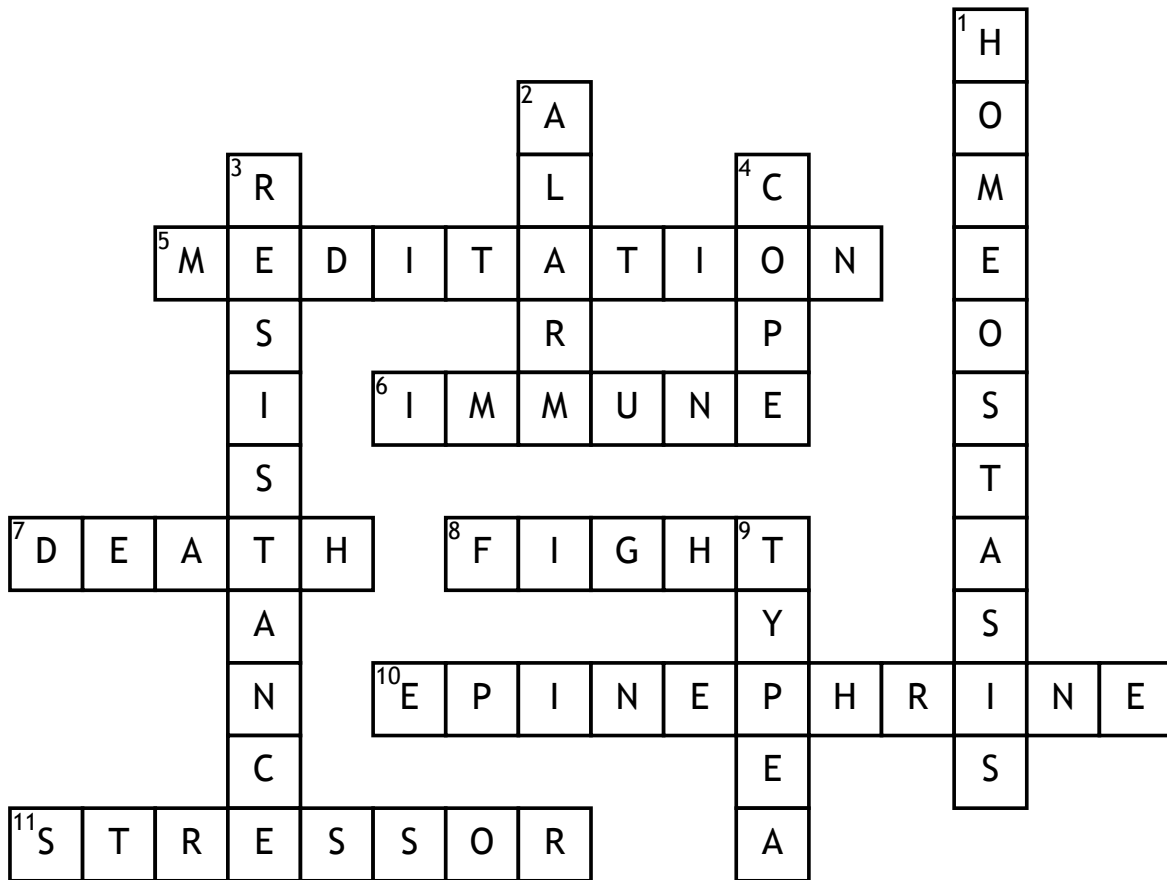


Name: \_\_\_\_\_

# 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