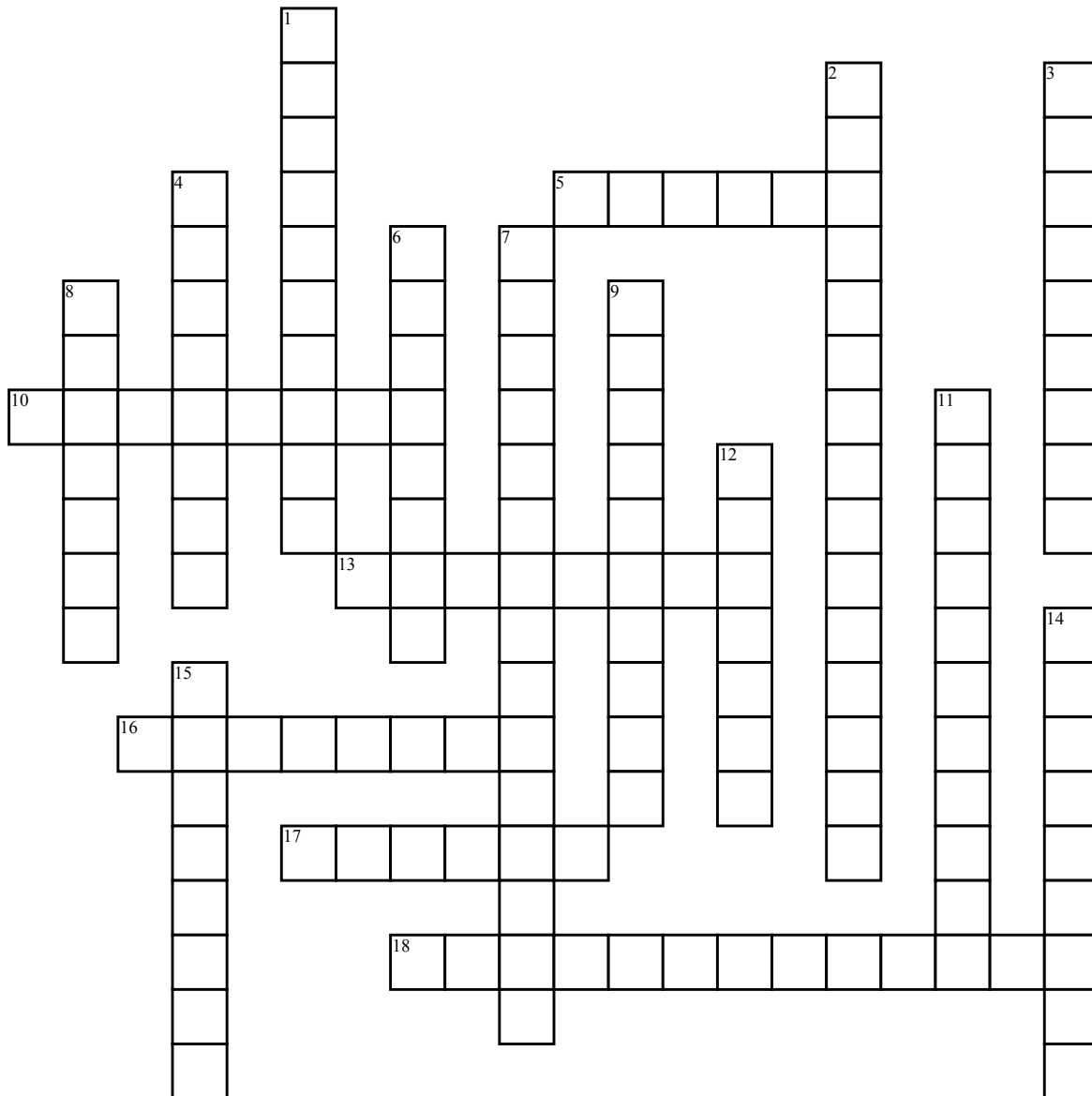


Name: _____

Date: _____

STRESS



Across

5. The response of your body and mind to being challenged or threatened is called _____

10. If done at park or gym or home, this activity relieves stress and is good for you

13. The stress hormone is called _____

16. People go on these atleast once a year, for break from their job

17. You experience stress when situations, _____, or people make demands on your body and mind

18. The body's response to stress, happens in the Alarm Stage

Down

1. Time off from work, doing nothing but enjoying yourself

2. The stage where the body adapts to the continued presence of the stressor is _____

3. Severe or _____ stress can affect your health

4. Positive stress is also called as _____

6. An event or situation that causes stress

7. Stage where the body can no longer keep up with the demands placed upon it is _____

8. Feelings of high stress, panic, worry. Sometimes including physiological symptoms

9. Stage where the body releases adrenaline and the fight or flight response takes place

11. What it's called when people talk to a mental health professional

12. Stress can reduce the body's ability to fight _____

14. Your body's initial response to stress is _____

15. This is done out loud, when something is funny and can make you feel better