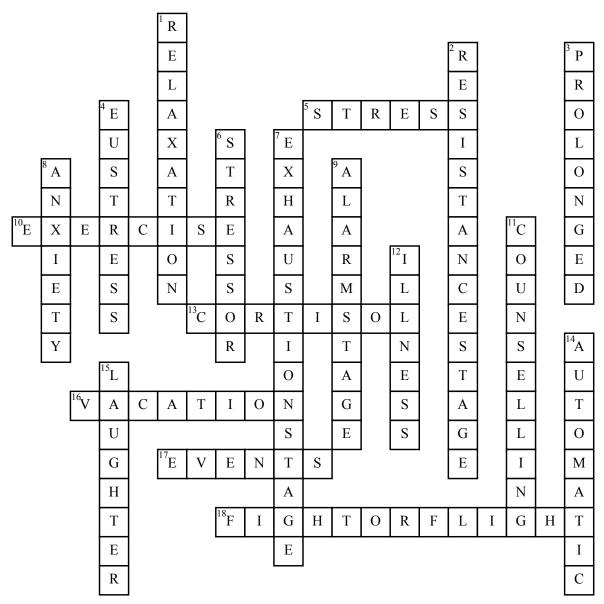
Name:	Date:
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STRESS



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