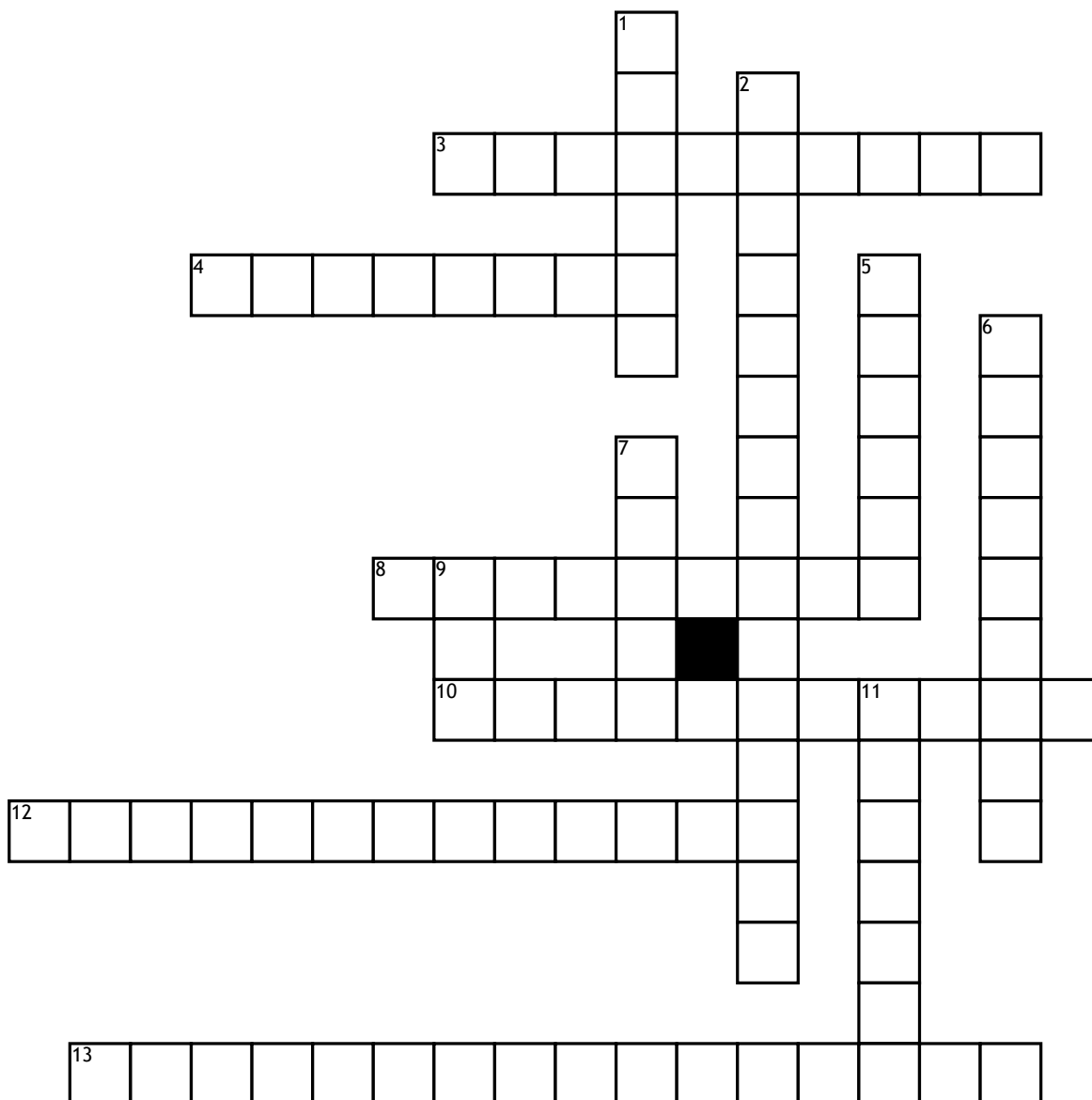


Name: _____

Date: _____

Stress Crossword



Across

3. A stress relief technique in which you relax and reflect
4. Being disoriented or slightly insane, A disturbance in attention
8. A nervous system disorder involving repetitive movements or unwanted twitching
10. Constant sadness or grief, can be caused by the loss of a loved one or other tragic event

12. disorder which causes mania and difficulty living a normal social life

13. Disorders that cause you to constantly worry and fret about everything

Down

1. A prejudice or assumption about a group of people
2. A relief technique that will give any sane person nightmares
5. The body's reaction to stressors

6. The causes of Stress

7. You need 8 or more hours of it a night

9. A disorder that causes one to want everything to be perfect and or measured

11. The intentional act of ending ones own life