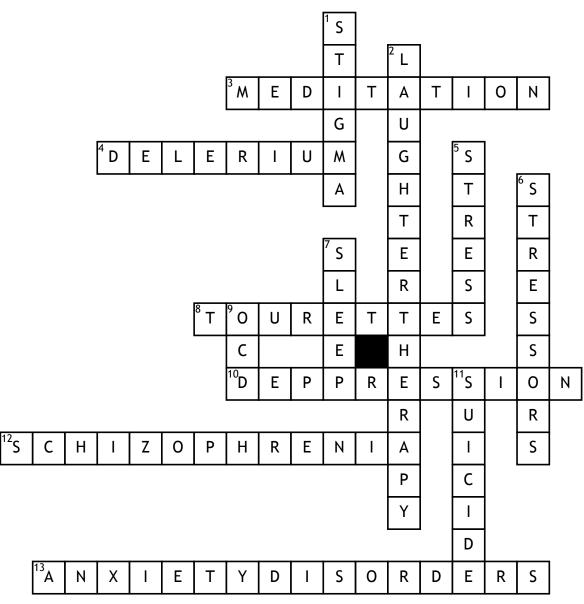
## Stress Crossword



## <u>Across</u>

**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 repetetive 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

## <u>Down</u>

**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