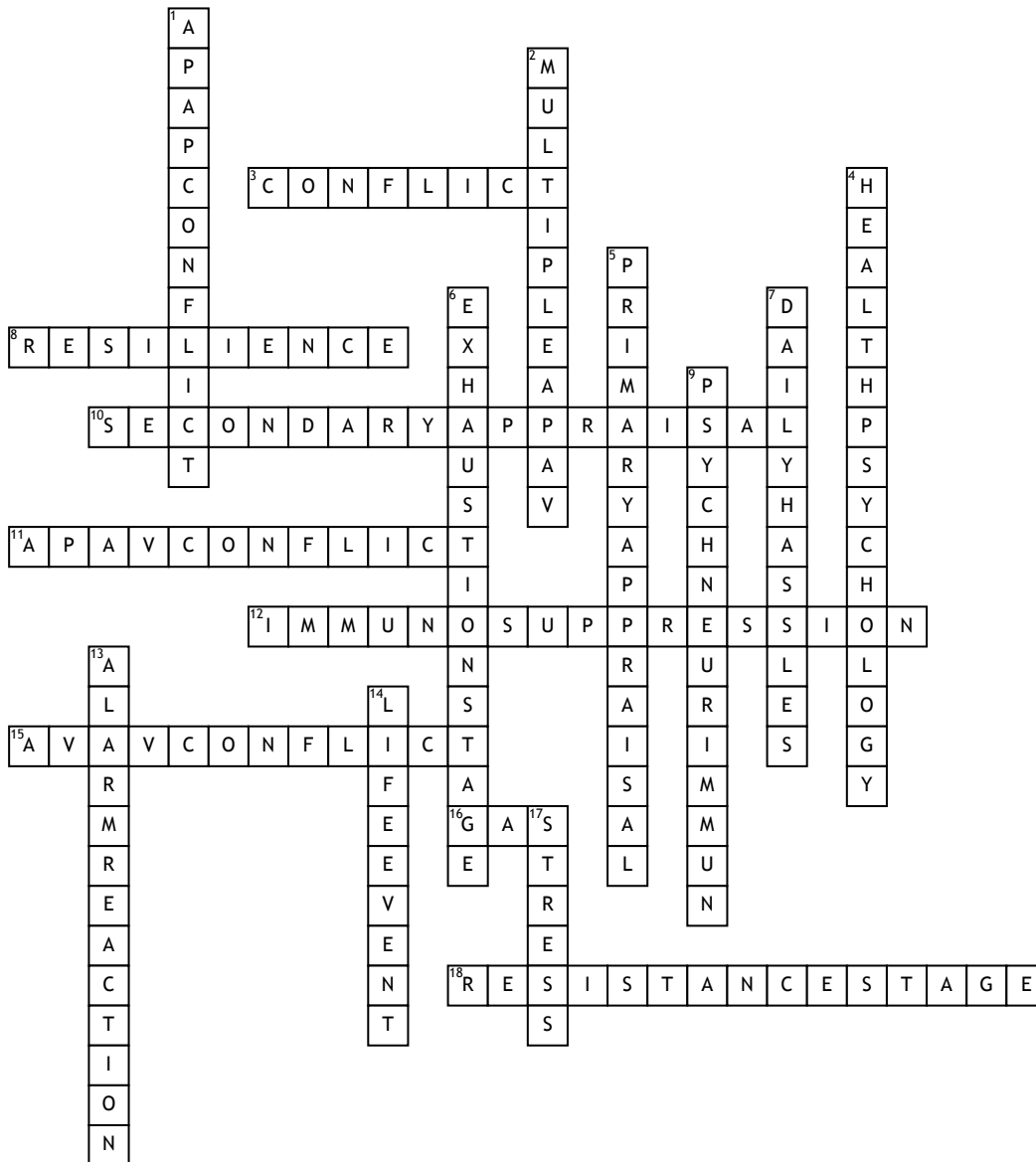


# Health, Stress, and Coping



## Across

3. What is the situation in which a person must choose between two or more needs, desires, or demands?
8. What is the capacity to adapt well to significant stress?
10. What is an evaluation of resources available to cope with a stressor?
11. What is the situation in which a person is faced with a desire or need that has both positive and negative aspects?
12. What is the reduction in activity of the immune system?
15. What is the situation in which a person must choose between two undesirable events?
16. What is the general physical responses we experience when faced with a stressor?

18. What is the second phase of the general adaptation syndrome, in which the nervous and endocrine systems continue to be activated?

## Down

1. What is the situation in which a person must choose between two likable events?
2. What is the situation that poses several alternatives that each have positive and negative features?
4. What is the subfield of psychology that investigates the relationship between people's behaviors and their health?
5. What is our initial interpretation of an event as irrelevant, positive or stressful?

6. What is the third and final phase of the general adaptation syndrome, in which bodily resources are drained and wear and tear on the body begins?
7. What are the everyday irritations and frustrations that individuals face?
9. What is the field of study that investigates the connections among psychology, the nervous system, and immune system functioning?
13. What is the first phase of the general adaptation syndrome, characterized by immediate activation of the nervous and endocrine systems?
14. What is the change in one's life, good or bad, that requires readjustment?
17. What is any event or environmental stimulus that we respond to because we perceive it as challenging or threatening?