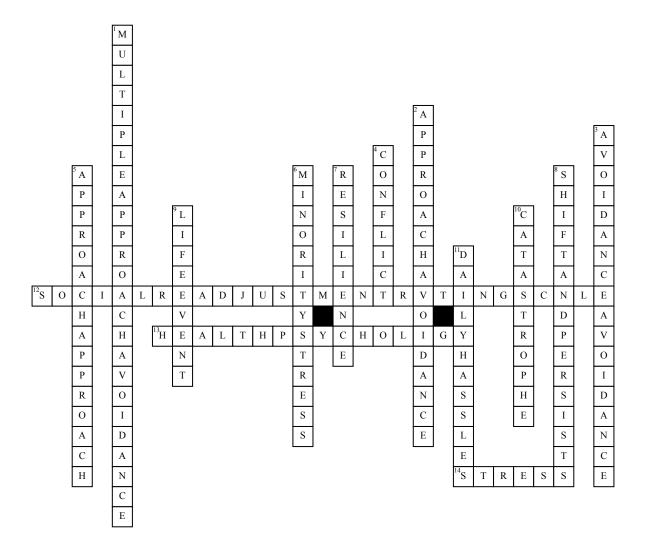
Name: _____

Stress



<u>Across</u>

- **12.** Holmes and Rae developed a scale that would rate their life events on how stressful they percieved it. This scale is known as?
- **13.** The subfield of psychology that studies the relationship between someones behavior and health.
- **14.** Any event or environmental stimulus that we respond to because we percieve it as challenging or threatning.

Down

- 1. Conflict that deals with several choices that all deal with both positive and negative aspects.
- **2.** Conflict in which a person is faced with a desire or need with both positive and negative qualities.
- 3. What kind of conflict deals with deciding wether you should study for your psychology test instead of going to your friends birthday party that shes been talking about all month, or going to your friends birthday party and risk failing your psychology test which could effect wether or not you'll pass the class?
- **4.** Having to choose between 2 or more needs, desires, or demands.
- **5.** A type of conflict that involves the least amount of stress, in which a person must choose between 2 positive events.
- **6.** Stress in which someone feels uncomfortable by interpreting others behaviors as discrimitory is called
- 7. Adapting well to significant stressors or "bouncing back."

- **8.** Some people from low socioeconomic conditions develop strategies to reduce physical responses to chronic stress, which lessens chances of chronic disease called:
- **9.** Any change that requires readjustment in ones life.
- **10.** A type of stressor that effects multiple people in a bad way. Example: floods, tornadoes, or even terrorist attacks.
- 11. There are 4 types of classifications of stressors, which are: major life events, catastrophes, conflict and?