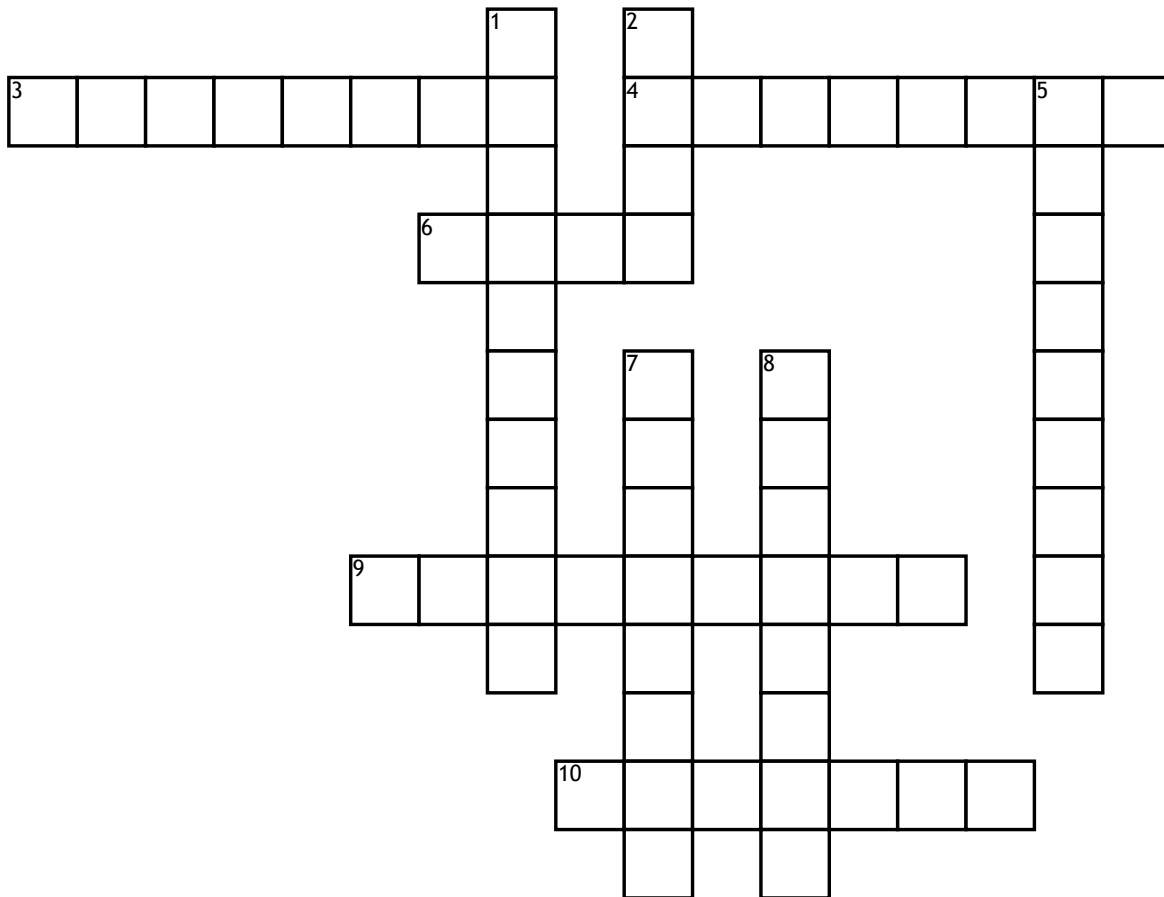


Name: _____ Date: _____

STRESS MANAGEMENT



Across

3. Stress is our _____ to the situation?
4. Negative Self-talks is _____ type of stress.
6. Changing your life _____ also helps in relieve you from stress.
9. What is A in the ABC Stress Management Strategy?
10. What is B in the ABC Stress Management Strategy?

Down

1. Stress is when pressure is greater than the _____
2. Stress Management is also related to _____ Management.
5. Complete the word -Stress is fact of life. It is "un _____", you cannot beat it entirely.
7. Types of Stress are Internal and _____
8. Physical Environment is _____ type of stress.