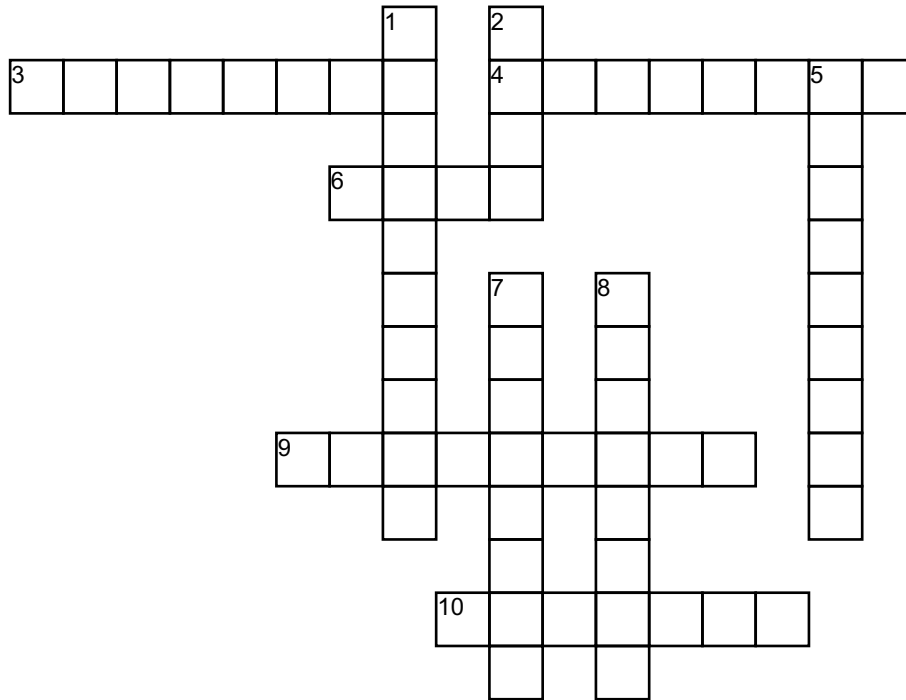


# STRESS MANAGEMENT



**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.