

Name: \_\_\_\_\_

# Stress

## Across

1. Stage where the body releases adrena line and the fight or flight response takes place

6. Stress can cause stomachaches, asthma, and \_\_\_\_\_

11. Stress can reduce the body's ability to fight \_\_\_\_\_

14. The stage where the body adapts to the continued presence of the stressor

15. an event or situation that causes stress

## Down

2. A warning sign that includes negative thinking, excessive worrying, and self-criticism

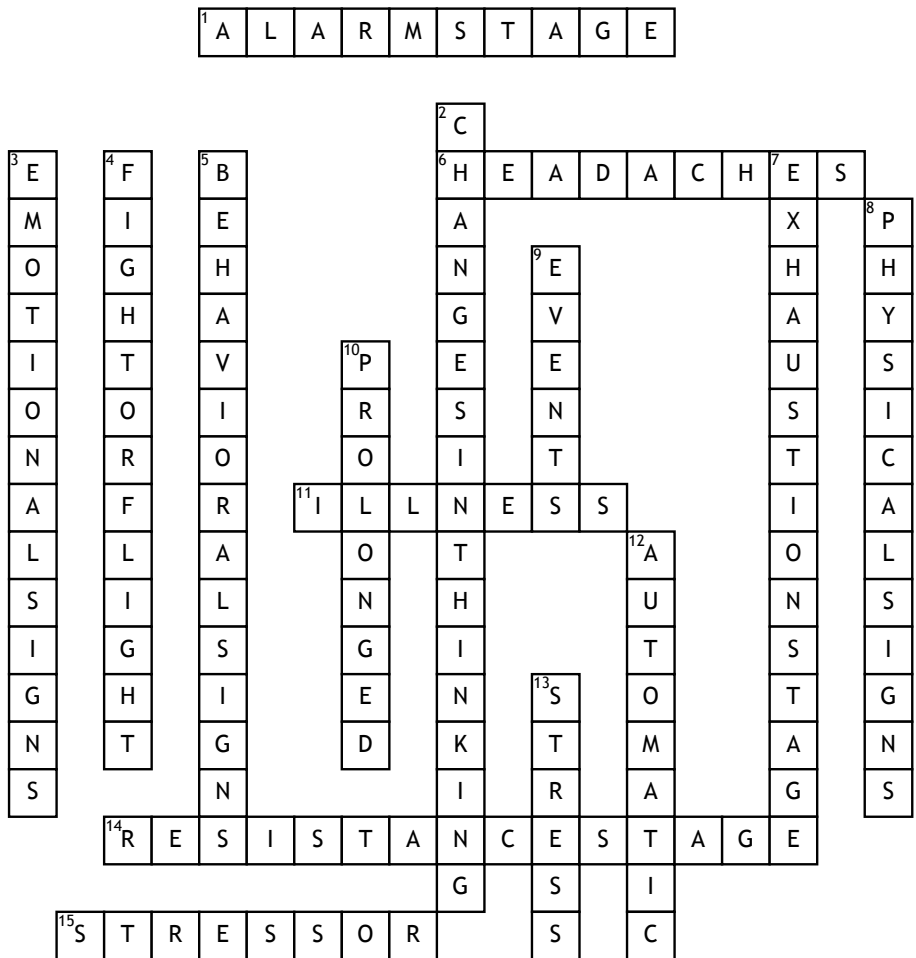
3. A warning sign of stress that includes irritability, anger, and increased crying

4. The body's response to stress, happens in the Alarm Stage

5. A warning sign of stress that includes overeating, sleeping problems, and reckless behavior

7. Stage where the body can no longer keep up with the demands placed upon it

8. A warning sign of stress that includes muscle tension, headaches, and upset stomach



9. You experience stress when situations, \_\_\_\_\_, or

people make demands on your body and mind

10. Severe or \_\_\_\_\_ stress can affect your health

12. Your body's initial response to stress is \_\_\_\_\_

13. The repsonse of your body and mind to being challenged or threatened

