Stress

Across
1. Stage where the body releases adrenalin 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 response of your body and mind to being challenged or threatened