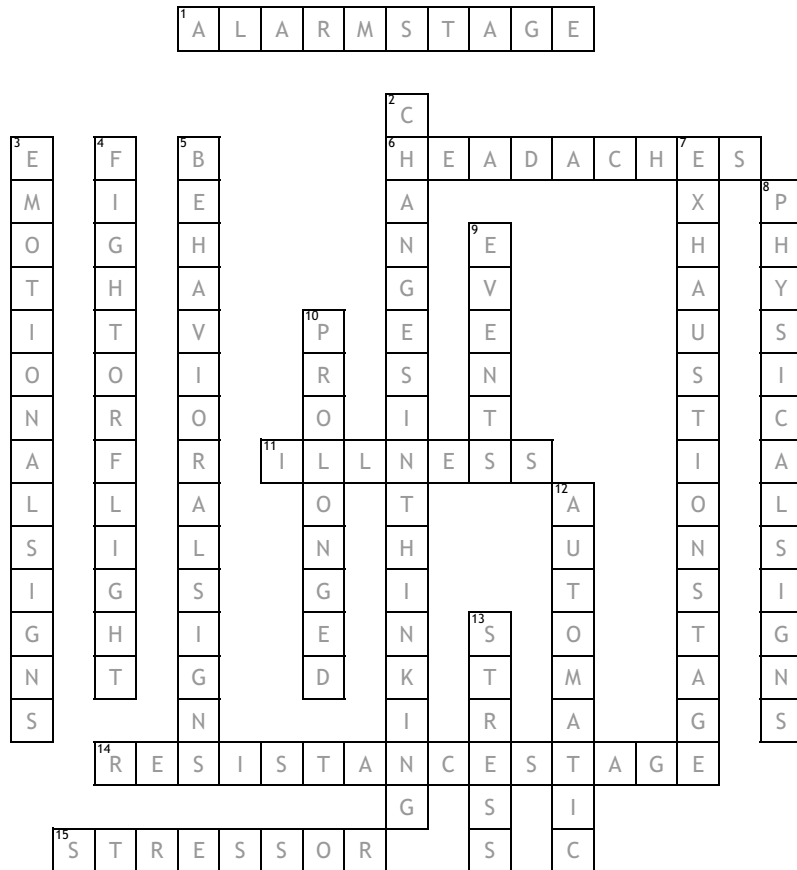


Name: _____

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