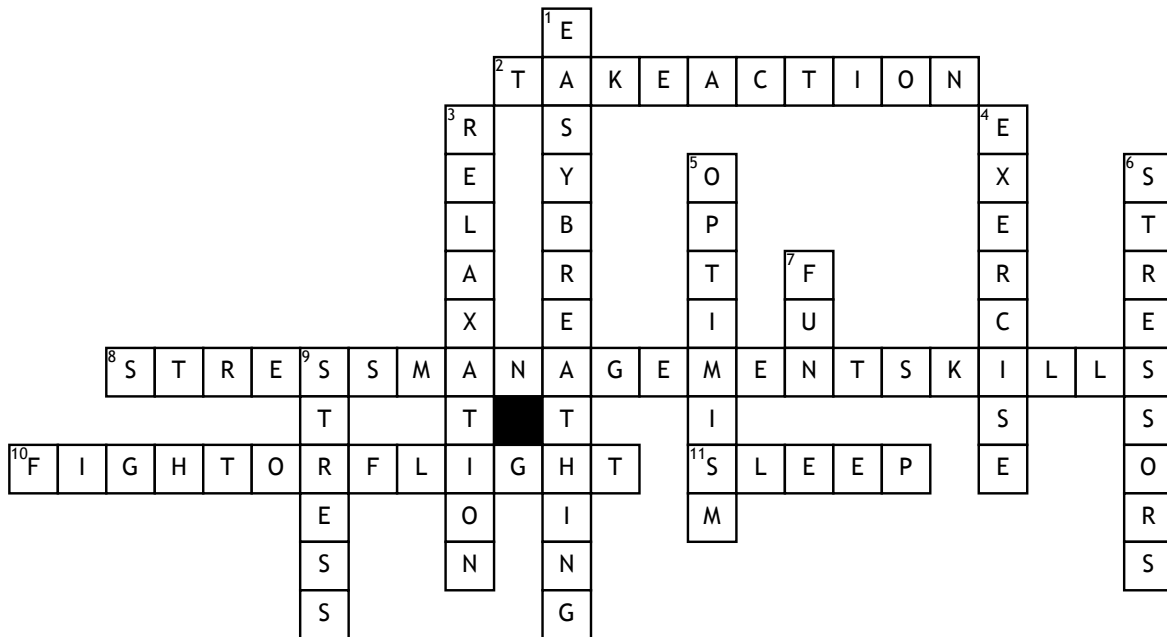


Name: _____

Date: _____

Stress



Across

2. do this to to solve problems that crop up
 8. these work best when they are practiced ahead of time
 10. what the stress response is called
 11. getting enough of this helps keep your body and mind in top shape

Down

1. use this exercise when caught up in stressful situations

3. the opposite of stress; a feeling of well-being and calm
 4. get this regularly to help your body function at its best
 5. a healthy cup of this can help you make the best of stressful situations
 6. events that cause stress
 7. make time for this to help keep stress under control
 9. your body's reaction to situations