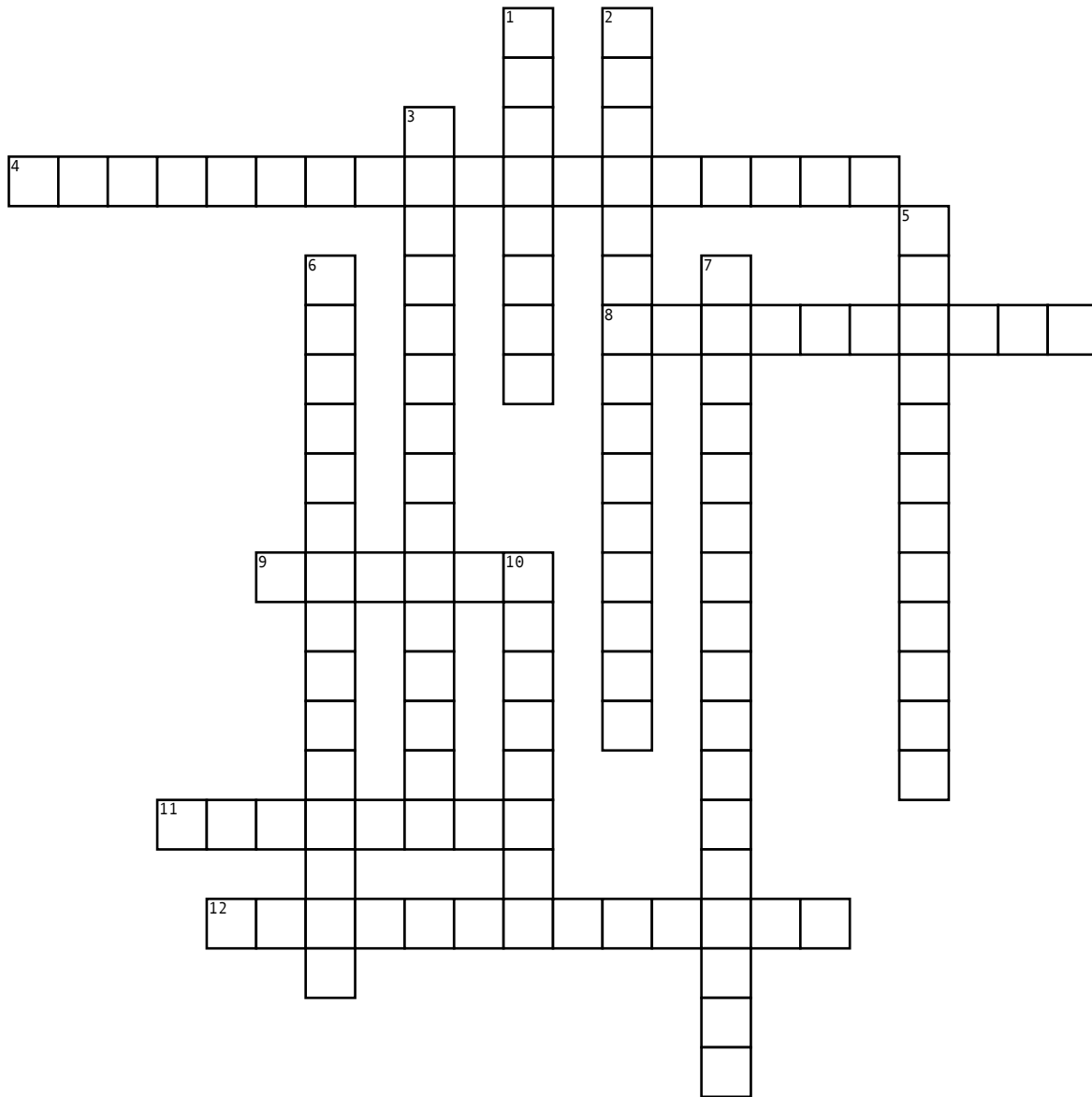


Cause of stress & Impact on Body world Puzzle



Across

4. stressors that are found in our surrounding area

8. heart pund faster, muscle tighten, blood pressure rises, breath quicken and you sense become sharper

9. the body's reaction to any change that requires an adjustment

11. Having a beneficial effect on health

12. To either resist and deal with the stressor or get away from it

Down

1. A state of extreme suffering or pain

2. calls awareness to a situation that needs attention

3. The body tries to become balanced after the initial schok of a stessful event

5. event that causing great and often sudden damage or suffering

6. struggling with stress for long period, your body no longer has strength to fight

7. the pressure of having to adjust with life in new ways

10. An experienced as a perceived threat to one well being