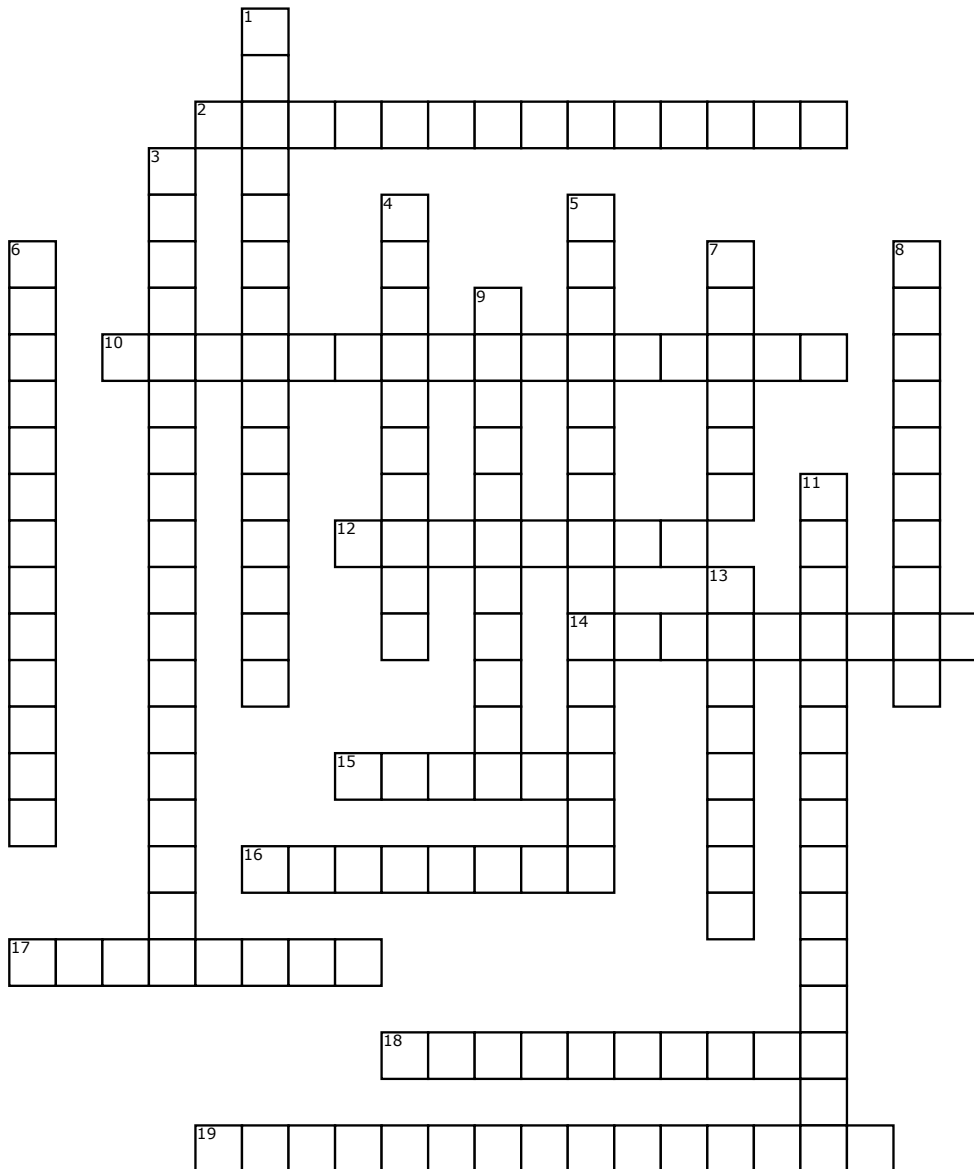


# Chapter 3 Stress



## Across

- 2.** Using your time more productively to help you feel more in control.
- 10.** Doing something to release built up energy to help manage stress.
- 12.** Negative stress is known as this.
- 14.** Being angry, impatient or irritable are examples of this type of warning sign.
- 15.** The response of your body or mind to being challenged or threatened.
- 16.** Headaches and upset stomachs are examples of this warning sign.

- 17.** Positive stress is known as \_\_\_\_\_.

- 18.** The 3 stages of stress are known as alarm, resistance and \_\_\_\_\_.

- 19.** Common stressor, sometimes called a "hassle."

## Down

- 1.** Taking care of yourself and building a support system are part of this stress management technique.
- 3.** This stress management technique involves sharing your problems with someone you trust such as a counselor.
- 4.** Giving your body and mind a rest is known as this.

- 5.** Practicing an even without actually doing it.

- 6.** This type of stressor includes conditions of your immediate surroundings.

- 7.** The body's initial response to stress is known as "fight" or \_\_\_\_\_.

- 8.** Overeating and reckless behavior are examples of this warning sign.

- 9.** This can be highly stressful and unexpected.

- 11.** Having to adjust to new people or surroundings is known as this type of stressor.

- 13.** An event or situation that causes stress.