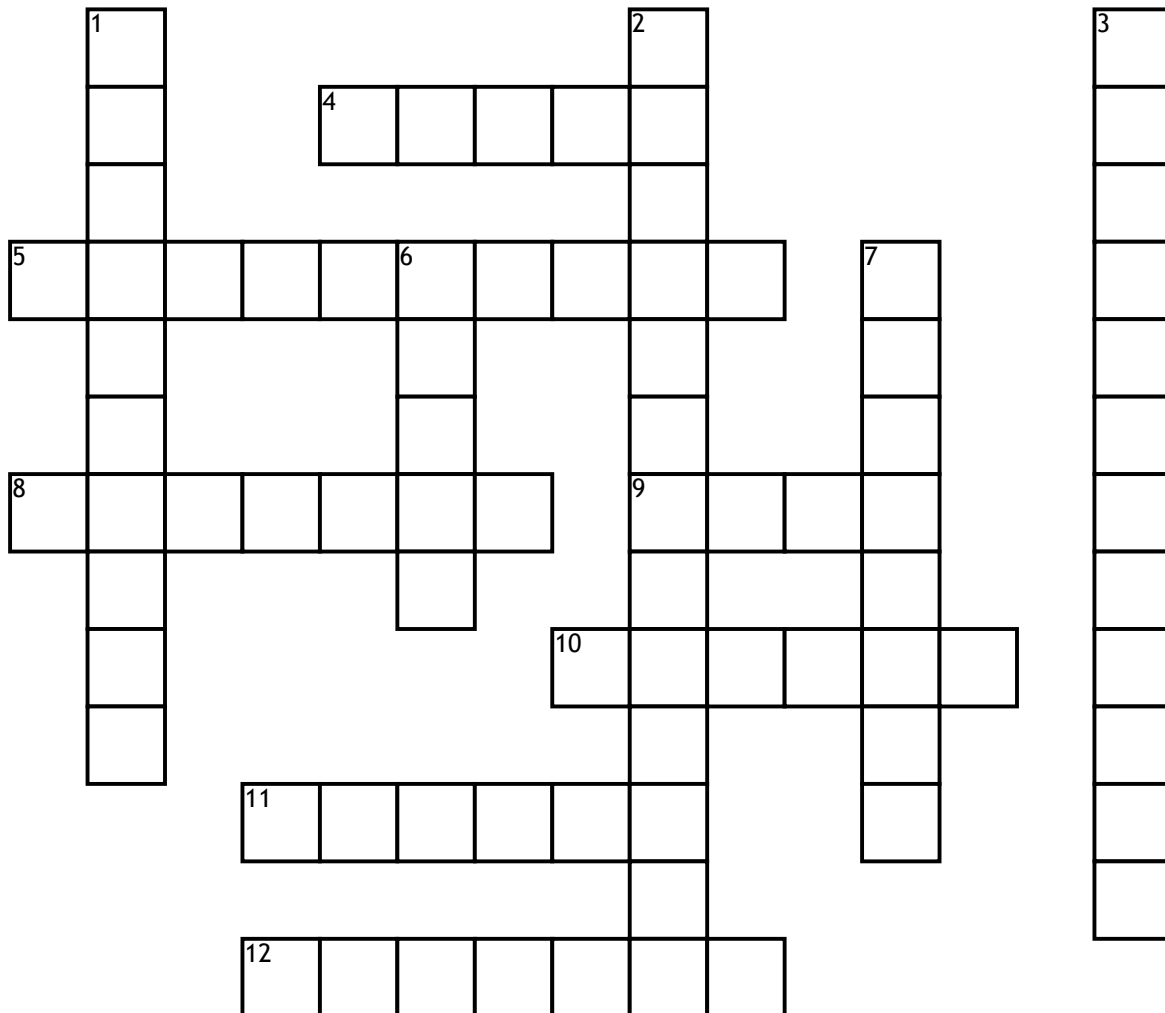


# Coping With Stress



## Across

4. Rated life's most stressful event  
 5. An effective technique for managing stress  
 8. The acceptance of a loss  
 9. The amount of stress is not as important as one's capability to \_\_\_\_\_ with stress

10. The process by which we perceive and respond to certain events, called stressor's, that we appraise as threatening or challenging  
 11. Body system severely weakened by long-term stress  
 12. Stress can reduce the body's ability to fight \_\_\_\_\_

## Down

1. The emergency hormone that is secreted in your body in the fight or flight response

2. Stress associated with long-term problems that are beyond a person's control  
 3. The small area of the brain that receives a danger signal from other areas of the brain  
 6. First stage of stress response  
 7. Event which produces stress