

Name: _____

Date: _____

Health, Stress, and Coping

J N A N N C D G G C P P X G F G G E H X R X M S
M W H M L E A R N E D H E L P L E S S N E S S O
Z G V F Y U I X N Y Z D K G S Y O P Q Y K I N C
X S K Y P R O B L E M F O C U S E D P U B R K I
O I Z L R B Z V T O X Z Z O E H R Z D O D F A A
U W S Y O A W O R G U I D E D I M A G E R Y M L
F W E H X N L K L Y B C C N I U N Y D S W X Y S
H G X C O G N I T I V E R E A P P R A I S A L U
F U U S P J A R G W A C O G O T E Y K J R V R P
U H A W V A T Y P E B P E R S O N A L I T Y E P
L E L O F O C O P I N G O B B O C B R H Q V E O
F A L C U E M B E W M B M E D I T A T I O N B R
N L Y L O P R N H E A L T H P R O M O T I N G T
L T T W A H M T Y P E A P E R S O N A L I T Y X
P H R K Q S U K E Z V K J Z S D W B C W C Y Y N
O D A Y J T E I Z Q K E Y I U F Z P X Q X J D K
J E N H N M U W T E Y X G J L N R P Z A N R X Y
E F S X D E F E N S E M E C H A N I S M S L M Q
M E M P B S S U S D H G K V F W J P E W K G X S
G A I G G J N E M O T I O N F O C U S E D C T K
Y T T P R O G R E S S I V E R E L A X A T I O N
Y I T I T Y P E C P E R S O N A L I T Y G C Y G
O N E H A R D Y P E R S O N A L I T Y U X H F A
U G D V L B H Z R O Q C X Y O Q S C P P X G Z B

progressive relaxation
sexually transmitted
type b personality
health defeating
problem focused
meditation

cognitive reappraisal
defense mechanisms
type c personality
health promoting
guided imagery
Coping

learned helplessness
type a personality
hardy personality
emotion focused
social support