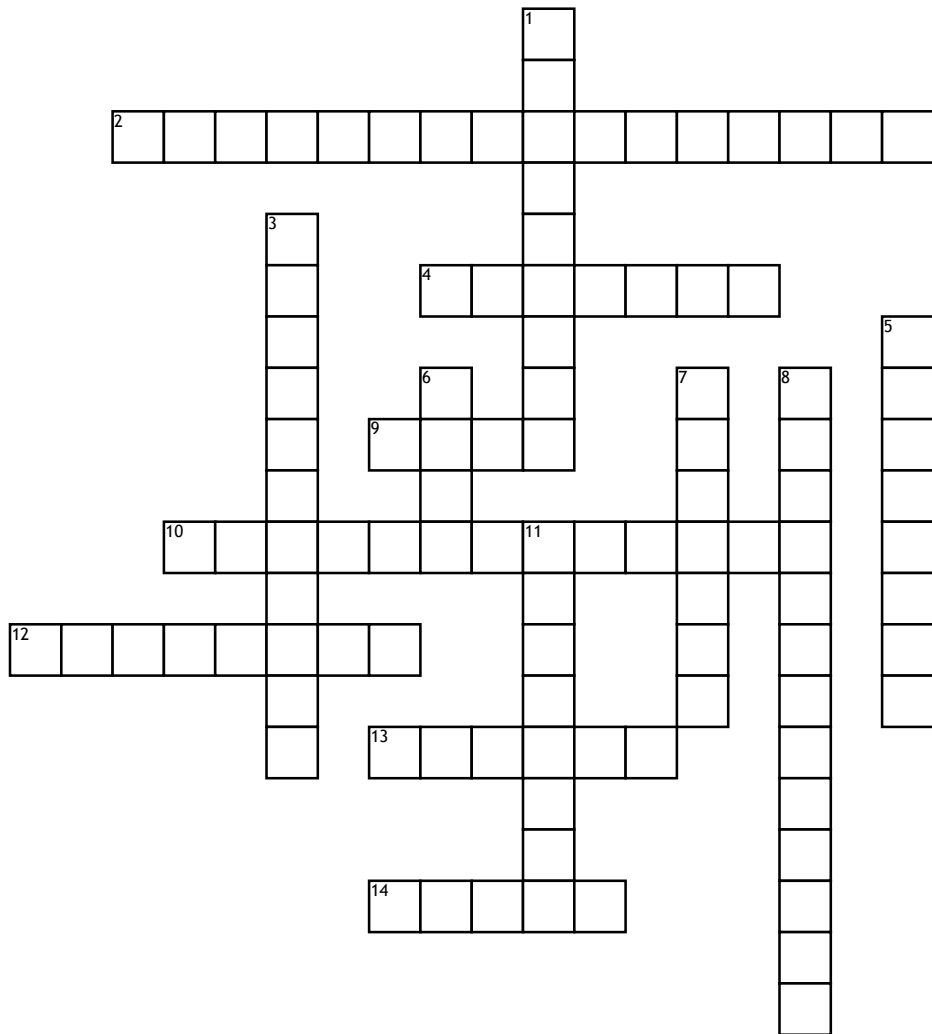


Name: _____

Healthy Diet and Stress Management



Across

- 2. Can appear every time you encounter stress, maybe ongoing in cases of long term stress
- 4. Fights anxiety's negative effects.
- 9. One glass a day can reduce stress
- 10. Eating this daily reduces stress hormone levels in those with high anxiety

- 12. Prevents blood pressure from spiking in response to stressful situations
- 13. The psychological perception of pressure.
- 14. Which gender is more prone to stress

Down

- 1. Stress can lead to _____ aging
- 3. Rich in antioxidants and help you feel calmer throughout the day

- 5. Stress is a _____ response from the body
- 6. Helps keep cortisol and adrenaline from spiking when you're feeling anxious
- 7. Prevents your adrenaline from skyrocketing, which happens often when feeling stressed
- 8. Acts as a natural relaxant and helps reduce heart palpitations.
- 11. When stress you should avoid?

Word Bank

- | | | | |
|-------------------|-----------|-------------|----------------|
| Fish | Bananas | Caffeine | Stress |
| Wine | Vitamin C | Hormonal | Dried Apricots |
| Tension Headaches | Premature | Blueberries | Dark Chocolate |
| Women | Oatmeal | | |