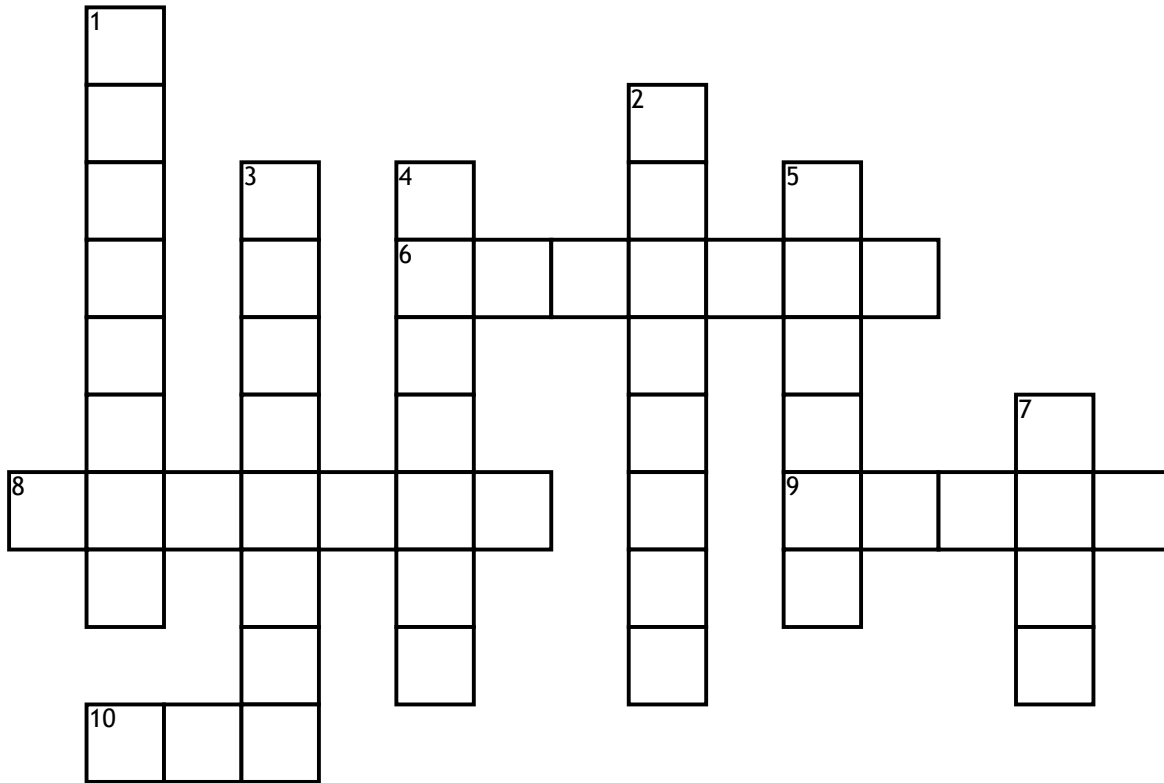


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Healthy Relationships



## Across

6. women often have conflicting emotions during pregnancy of excitement and \_\_\_\_\_
8. something that can be done in intervals during the day to ensure adequate sleep
9. avoiding conflict can be as easy as thinking before you \_\_\_\_\_
10. abbreviation of the pregnancy hormone

## Down

1. physical and \_\_\_\_\_ changes of the pregnancy influence stress levels
2. aquatic stress reliever
3. a common risk factor for stress is difficulty \_\_\_\_\_
4. it is equally important in pregnancy to not just focus on the mom-to-be, but also the \_\_\_\_\_
5. mental or emotional strain or tension
7. a top concern of a woman during labor and delivery