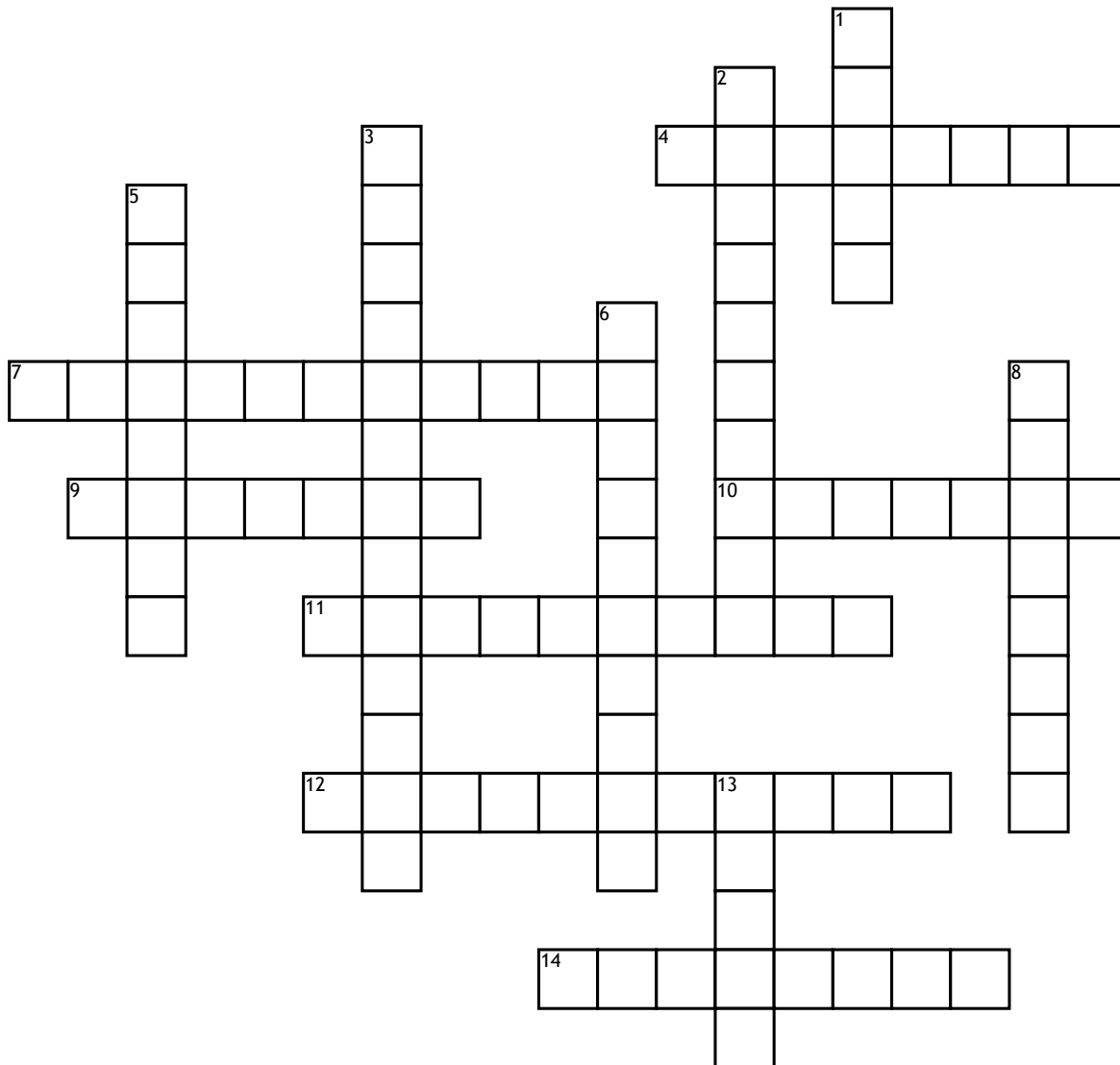


Managing Stress



Across

4. Which is a way we can deal with stress by reducing tension?
 7. Violence is what type of stressor ?
 9. The immune system (____) during the alarm stage.
 10. Stress can trigger ...?

11. Being tired, and irritable is part of what stage of stress?
 12. Graduating is what type of stressor?
 14. Losing keys is what type of stressor?

Down

1. The panic feeling is part of what stage of stress?

2. Last stage of stress
 3. Cold temps are what type of stressor ?
 5. Negative stress is ?
 6. 2nd Stage of stress
 8. Positive stress is ?
 13. 1st stage of stress