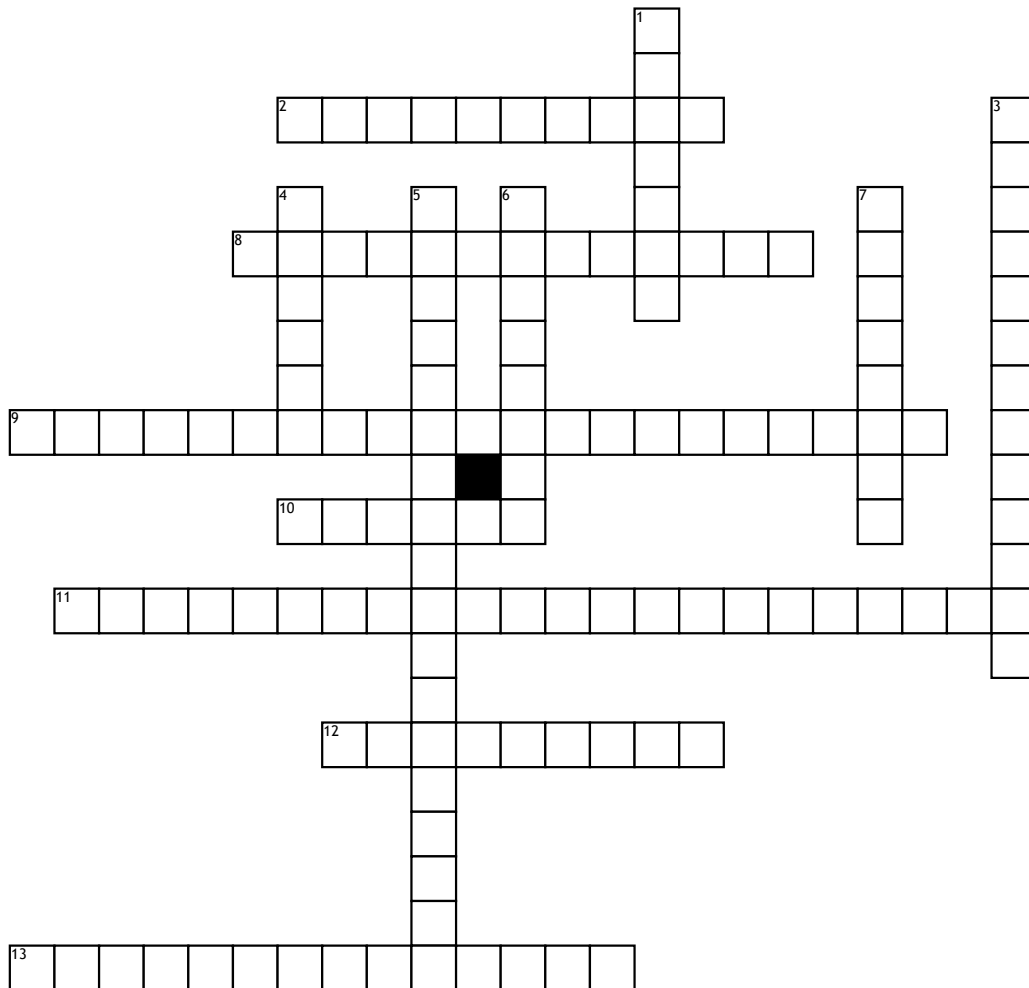


Managing stress and coping with loss



Across

2. The act of becoming aware

8. A variety of reactions due to loss

9. A physical reaction because of stress

10. Dealing successfully with difficult changes in your life

Word Bank

- Perception
- Relaxation response
- Closure
- Stages of grief
- Resilient

11. Skills to help control stress

12. Helps handle difficulties

13. An event that has a stressful impact

Down

1. Acceptance of loss

3. Stress associated with long term problems

4. The reaction to challenge

5. A state of calm

6. The act of showing sorrow or grief

7. Anything that causes stress

- Stress management skills
- Coping
- Mourning
- Traumatic event

- Chronic stress
- Stress
- Stressor
- Psychosomatic response