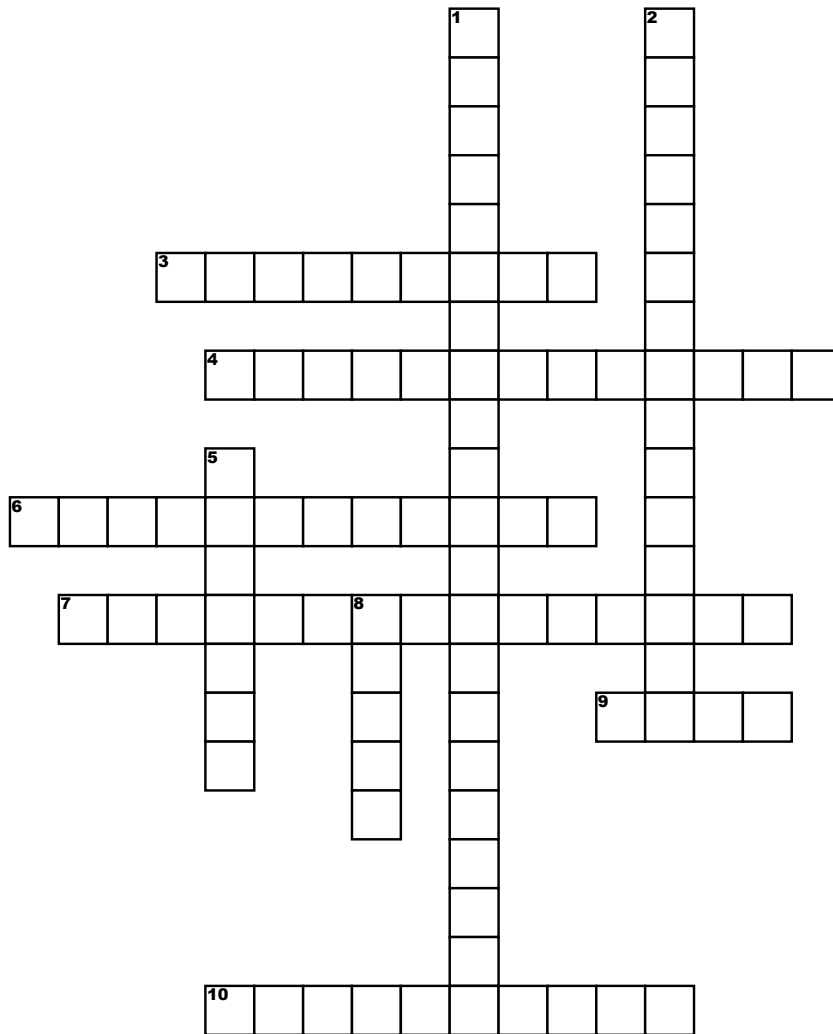


Name: \_\_\_\_\_

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

# Reaction to stress crossword



**Across**

- 3. When someone feels incapable of doing their job well and is physically worn out**
- 4. Designed to prepare someone for self defense**
- 6. Your body's natural defense system against infection**
- 7. Person might suffer psychosomatic symptoms during this**
- 9. Usual reaction when a stressor involves real or imagined danger**

- 10. The persons heart beat quickens, their muscles tense and their pupils dilate**

**Down**

- 1. Real and physical symptoms caused by stress or tension**
- 2. At this point a person reaches their breaking point**
- 5. Feeling of an imminent but unclear threat**
- 8. Irate reaction likely to result from frustration**

**Word Bank**

- |                         |                               |                      |
|-------------------------|-------------------------------|----------------------|
| <b>Anger</b>            | <b>Psychosomatic symptoms</b> | <b>Immune system</b> |
| <b>Fight or flight</b>  | <b>Resistance stage</b>       | <b>Burned out</b>    |
| <b>Exhaustion stage</b> | <b>Anxiety</b>                | <b>Alarm stage</b>   |
| <b>Fear</b>             |                               |                      |