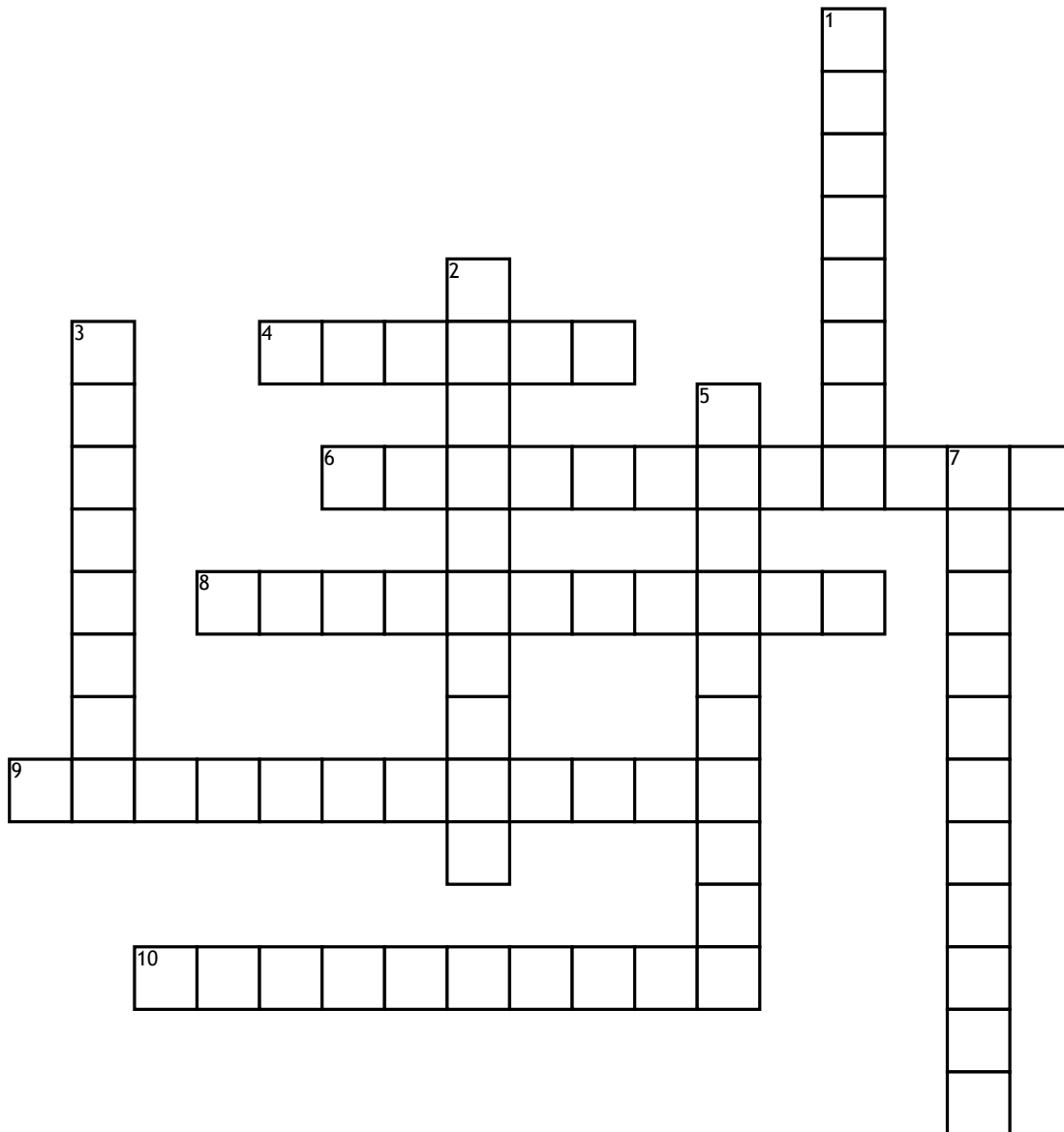


Name: \_\_\_\_\_

# STRESS



## Across

4. A person who will always help in difficult times, someone you can rely on.
6. The process of consuming food in response to your feelings, especially when you are not hungry (two words, without gap).
8. The job or process of listening to someone and giving that person advice about their problems.
9. Someone who studies the human mind and human emotions and behaviour, and how different situations have an effect on people.
10. Someone who gets too upset or angry over small problems (two words, without gap).

## Down

1. A person causing unnecessary fear or anxiety that something unpleasant or dangerous is going to happen.
2. Mental illness in which a person is very unhappy and anxious (= worried and nervous) for long periods and cannot have a normal life during these periods.
3. The good type of stress.
5. The act of giving your attention to only one thing, a way of becoming calm and relaxed.
7. A feeling of worry and anxiety.