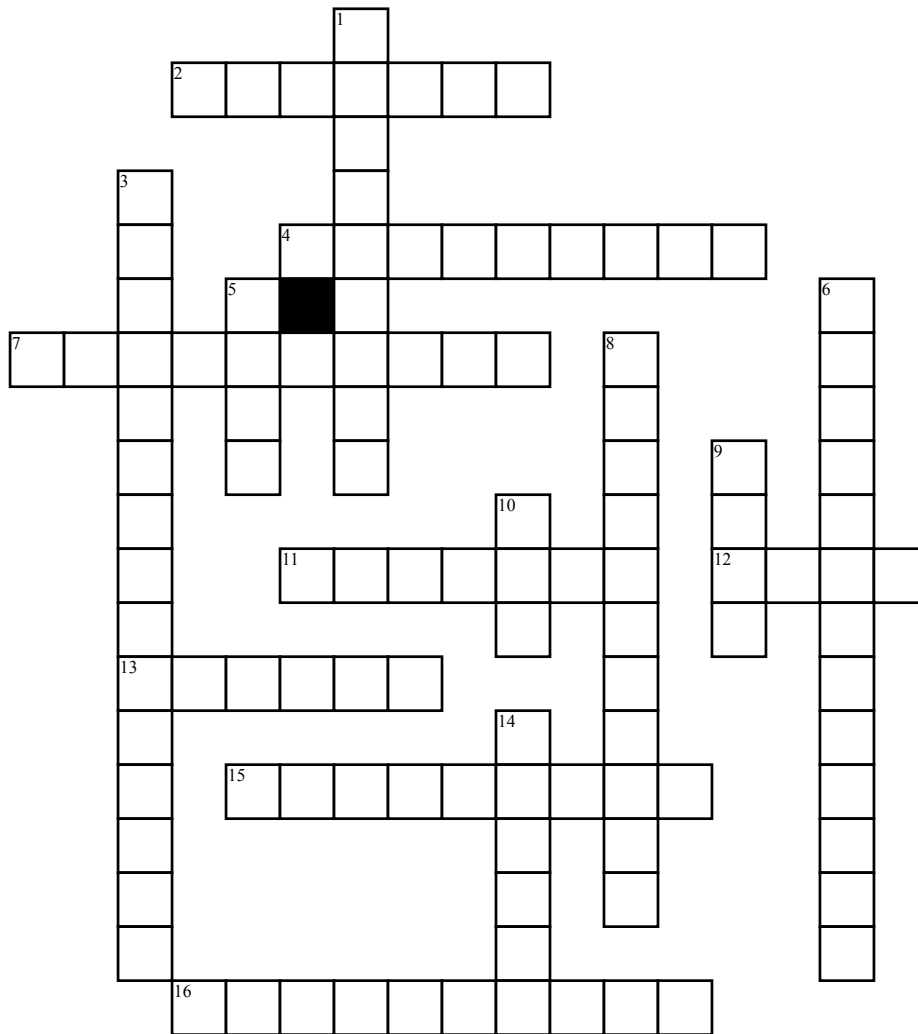


Staying Calm



Across

2. Relaxed breathing is a _____ skill, and keeps you calm.

4. This is "the art of getting a person to do what you want them to do and thank you for it."

7. Emotions are _____.

11. Being tired causes this.

12. In this phase, adrenaline goes into the bloodstream, and is more damaging than the fast phase. (biochemical)

13. The type of power that is not instinctual; it's skillful.

15. This is the only management that is successful.

16. This is "getting things done through people."

Down

1. The type of power that is expressed as upset and is a reflex behavior.

3. This is on the job stress management.

5. This is a sign of strength.

6. A teacher's immediate and automatic response to students goofing off is this reflex.

8. It takes this many minutes for adrenaline to leave the bloodstream.

9. This phase of the fight or flight reflex involves the tensing of muscles. (neuromuscular)

10. _____ should be in control of your behavior.

14. A teacher must be able to manage this.

Word Bank

social

twenty-seven

slow

primitive

contagious

meaning business

stress

leadership

calm

you

learned

burnout

diplomacy

proactive

fast

fight or flight