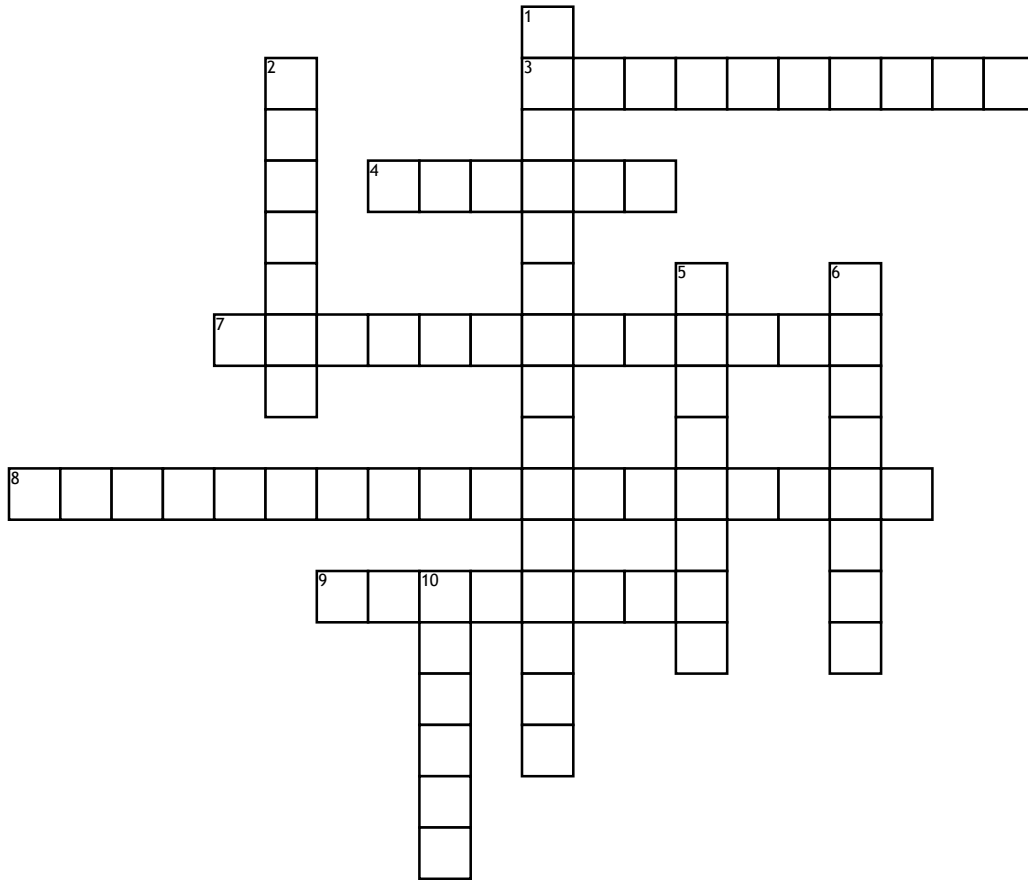


Name: \_\_\_\_\_

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

# Stress



## Across

3. Chemical in the body that makes you feel good
4. The largest category of stress
7. the body's response to a perceived harmful event, attack, or threat to survival.
8. Imagine yourself in a peaceful place and make it as real as possible
9. Feels good, perceived as within our coping abilities

## Word Bank

Mental Stress  
Fight or Flight Endorphins  
Relaxation Exercise Stressor

## Down

1. Put yourself in an important situation and practice what you would say and do
2. A way that people deal with stress
5. Feels unpleasant, decreases performance
6. Anything that causes stress
10. The body's response to the demands put on it

Mental Rehearsal Eustress  
Distress Avoid it