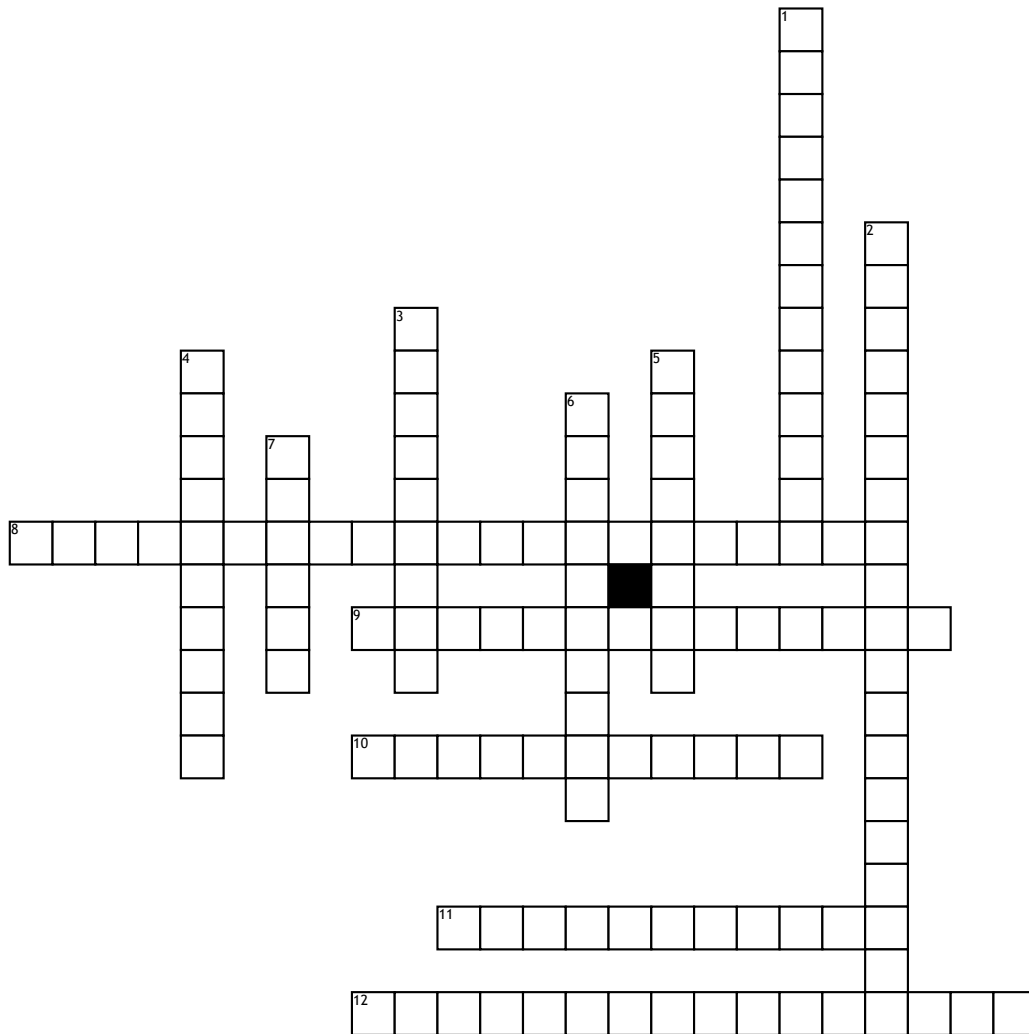


Stress



Across

8. the body's physiological impulse to either fight off or flee from threatening situations
 9. hormones that trigger the body's physiological response to stress
 10. white blood cells that eliminate or disable foreign and possible infected cells
 11. the part of the brain involved in the formation and storage of memory

Word Bank

visualization
 meditation
 hippocampus
 depression

12. the capacity to think and reason

Down

1. the strategy of imagining a pleasant environment when faced with stress
 2. the strategy of focusing on the positive aspects of a stressful event
 3. disagreements or problems that result from opposing actions or views

stress
 cognitive ability
 conflicts
 positive reappraisal

4. the strategy of clearing negative thoughts from your mind and relaxing your body to relieve stress

5. any factor that causes stress

6. an emotional state characterized by a feeling of worthlessness and a lack of interest in daily life

7. the term for the body's physical and psychological response to traumatic or challenging situations

fight or flight response
 lymphocytes
 stress hormones
 stressor