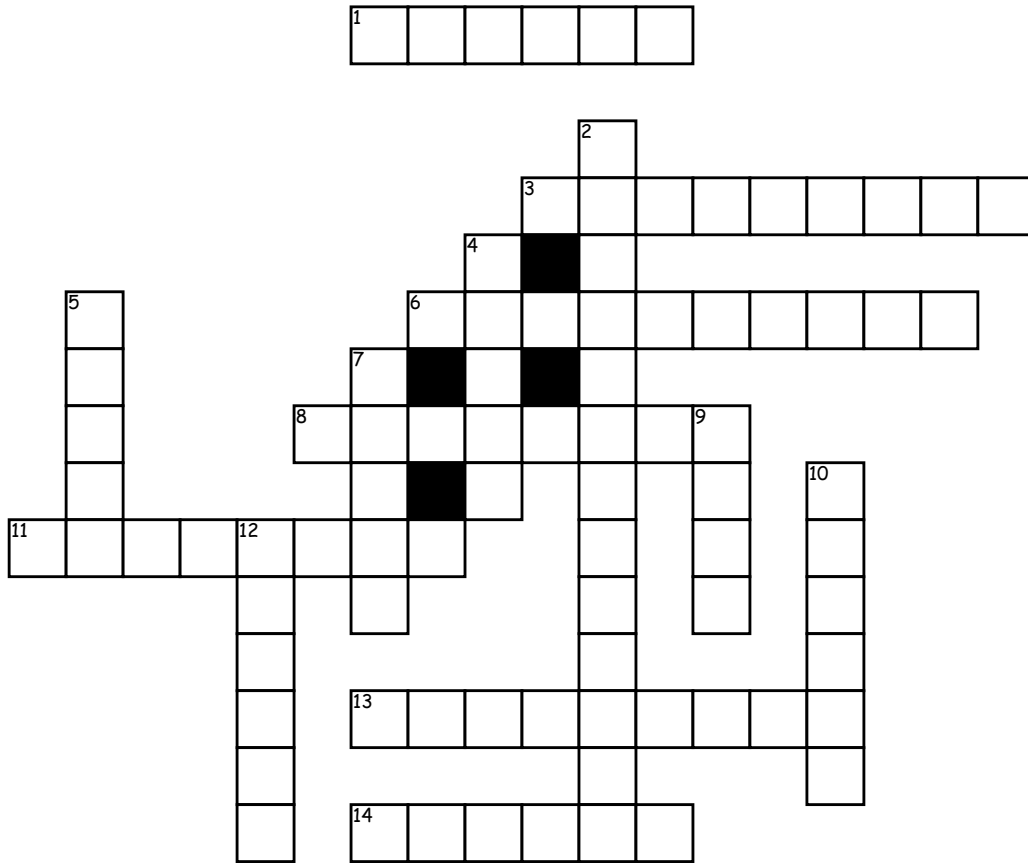


# Stress Crossword



**Across**

- 1. What is a personal problem that can cause stress?
- 3. What is an effect that can occur?
- 6. What causes stress if you are not positive about life?
- 8. What can help stress go away?

- 11. You could be under a lot of stress if someone was to put a lot of ..... on you
- 13. Taking your stress out, causes you to get .....
- 14. What happens when you cant handle your issues?

**Down**

- 2. What is a cause of stress?
- 4. What is the best option to do when you are stressed?

- 5. What conflicts can occur while being stressed?

- 7. What is pounding a bit faster than normal?

- 9. Setting a .... can help reduce stress?

- 10. Who can you go to for help?

- 12. Where is a place you could get stressed?

**Word Bank**

- |            |           |               |        |        |
|------------|-----------|---------------|--------|--------|
| Negativity | Headaches | Emotional     | Relax  | School |
| Relaxing   | Stress    | Pressure      | Health | Family |
| Heart      | Anger     | Relationships | Goal   |        |