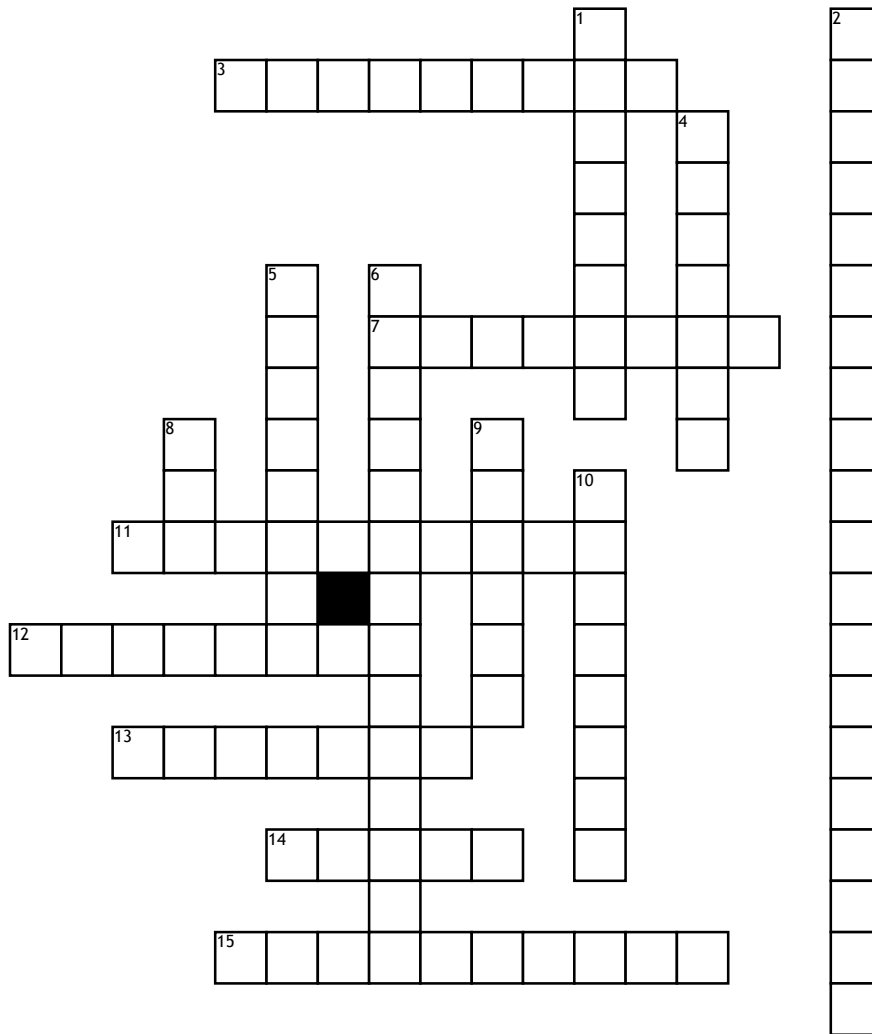


Name: _____

Stress, Depression and Suicide Prevention



Across

3. This is an environmental stress
7. This is known as the "cuddle hormone."
11. People who have positive social interactions have a _____ to stress.
12. These are found at the end of our chromosomes:
13. The word in Japan that means death from overwork is:

Word Bank

Resilience
Telomere
Pollution
Oxytocin

Smoking
Norepinephrine
Riding a roller-coaster
die

appearance
Karoshi
length
learning

Exercise
Skill
Cortisol

14. Stress management is a _____ that can be learned

15. Stress can add years to your _____.

Down

1. This neurotransmitter diverts energy to where we need it
2. This is an example of a good stress for some people:
4. This is a physical cause of stress that you have total control over.

5. This is one of the best activities to help you decrease your stress

6. You need this to create new memories

8. This is what happens to cells when they stop duplicating themselves: They _____

9. Telomeres are directly related to _____ of life.

10. People who have too much stress can have both memory and _____ affected.