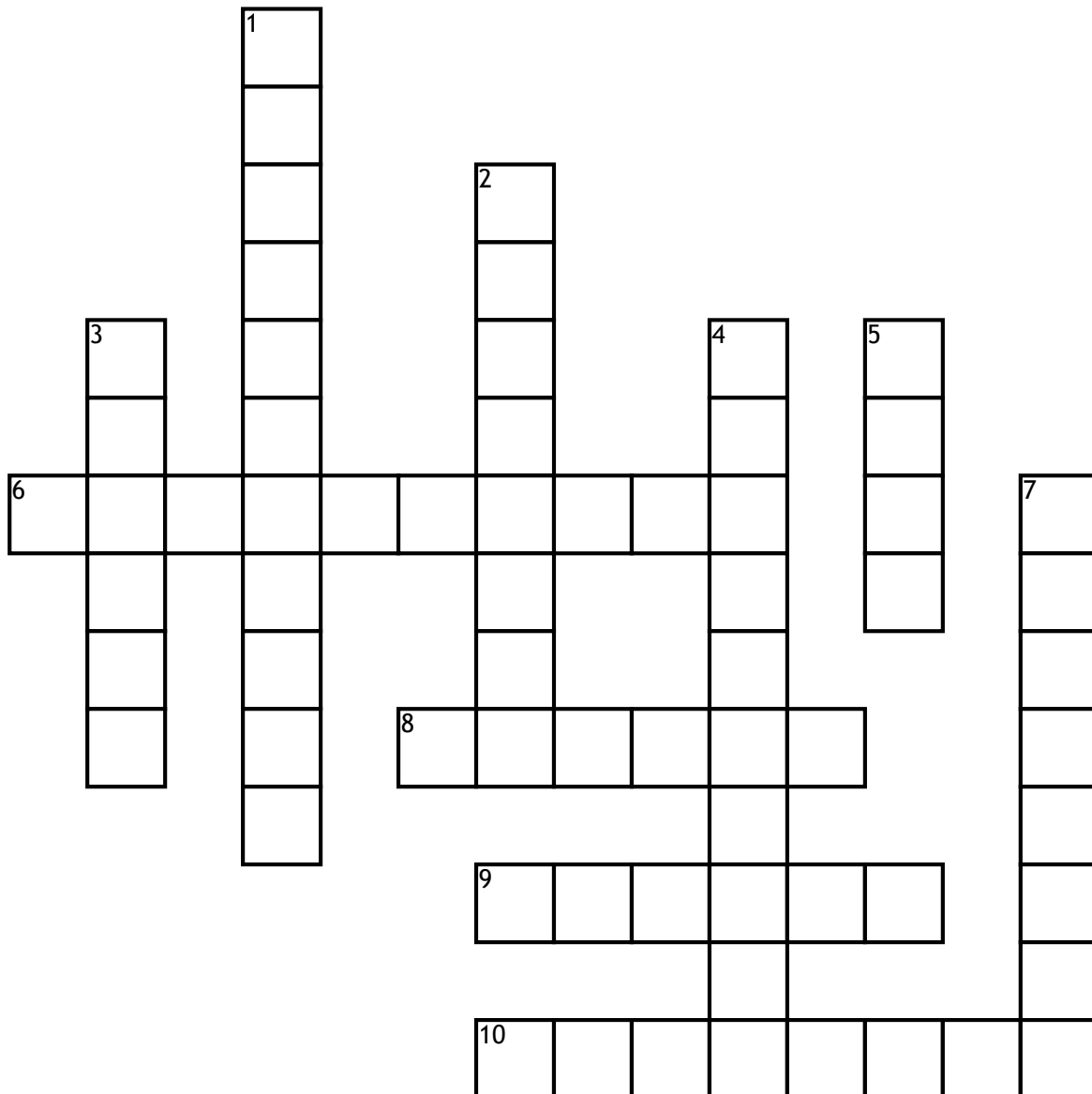


Name: _____

Date: _____

Stress Management



Across

6. the state of being free from tension and anxiety.

8. a feeling of reassurance and relaxation following release from anxiety or distress.

9. body's reaction to any change that requires an adjustment or response

10. extreme anxiety, sorrow, or pain.

Down

1. emotional support or encouragement.

2. a good, affirmative, or constructive quality or attribute.

3. the process of taking air into and expelling it from the lung

4. the process of dealing with or controlling things or people.

5. not showing or feeling nervousness, anger, or other strong emotions.

7. moderate or normal psychological stress interpreted as being beneficial for the experiencer.