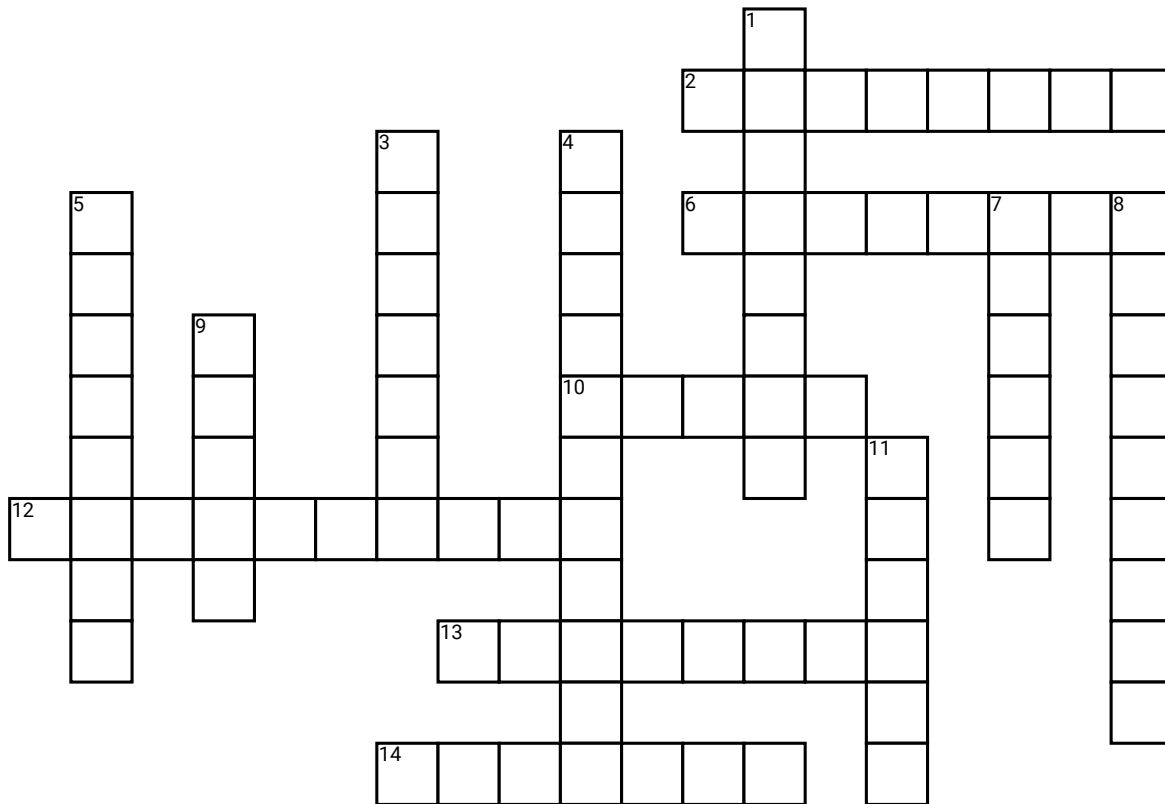


Stress Management 2



Across

2. The label we give to bad stress

6. Complete the missing word: , Body, Emotions, Behaviour and

10. Using breathing techniques can help us do this

12. Some people may suffer from - when their stress is out of control

13. A daily dose of this can help to reduce stress

14. Some of the things which make us feel stressed are out of our ...

Down

1. When we feel stressed we may isolate ourselves from others

3. When we are stressed these can get tense

4. One of the three major sources of stress

5. The word used for good stress

7. What is one of the major causes of stress in the world today?

8. The things which cause us stress are called
9. Prolonged periods of stress can lead to a ... attack

11. Empty time can cause us to feel this