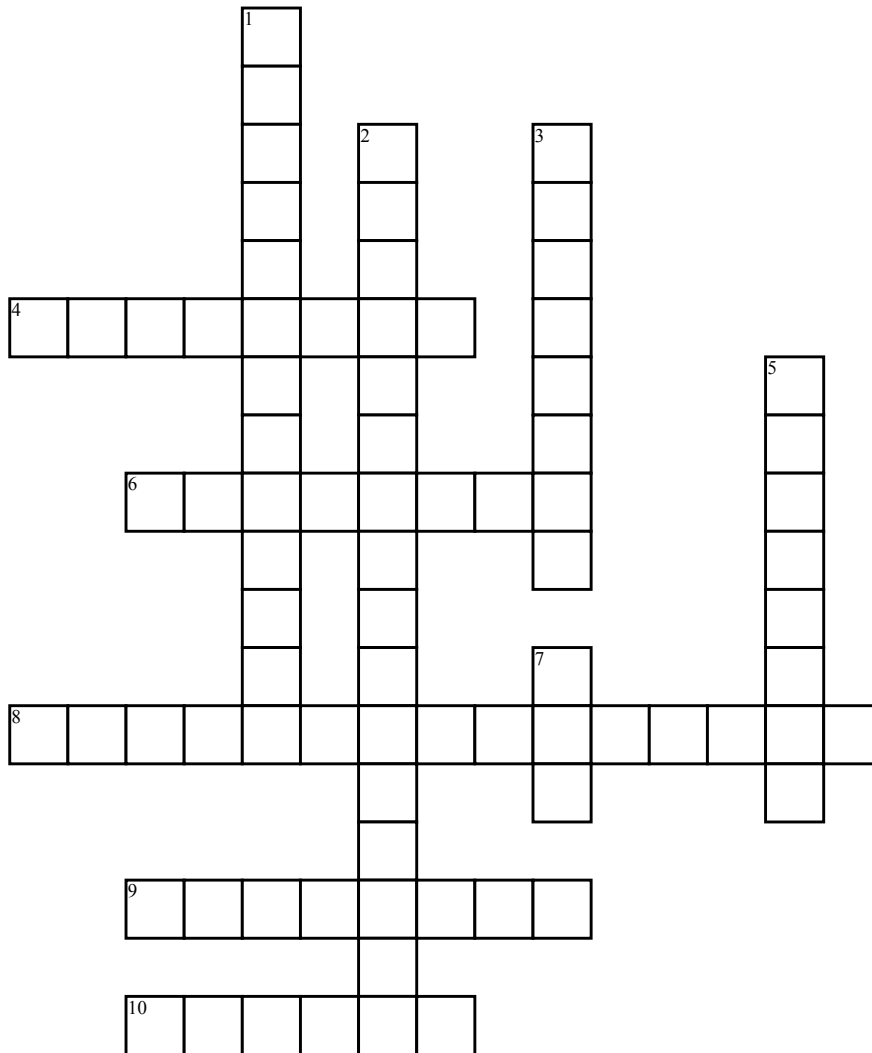


Stress Management



Across

4. Feelings and thoughts are _____ causes of distress
6. Stress _____ help us “fight or flee” when we are in danger
8. Ending a negative thought midstream
9. Stress that can cause anxiety and lead to mental and physical problems
10. Our body’s response to change

Down

1. The process of turning more powerful negative words to more neutral words
2. Internal causes of distress that can include over-scheduling and procrastinating
3. Short term stress that can motivate and improve performance
5. Signals to help us recognize problems
7. Benefits of this stress zone include feeling more creative and alive