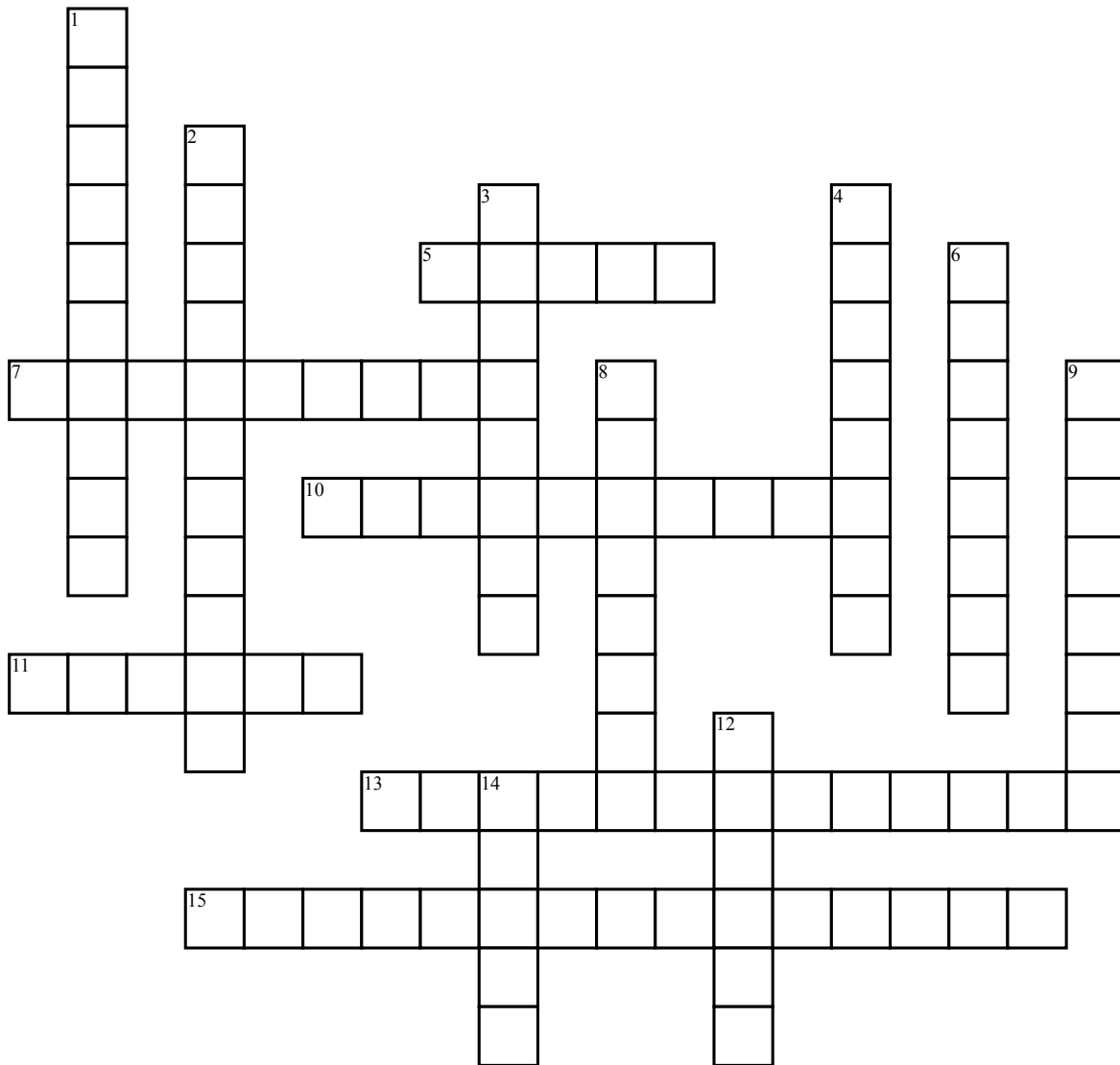


Stress Management Crossword Puzzle



Across

- 5. the ability to find things funny
- 7. a person who thinks negative
- 10. A substance in your body that causes your heart to beat faster
- 11. a person's air passes narrow and it get hard to breathe

- 13. a person who accepts nothing less than excellence
- 15. you practice an event without actually doing it

Down

- 1. the ability to recover or bounce back
- 2. an event that threatens lives or destroys property
- 3. positive stress
- 4. negative stress

- 6. a time waster
- 8. a pounding sensation in your head
- 9. a person who usually thinks positive
- 12. the response of your body and mind to being challenged
- 14. giving your body and mind time to rest