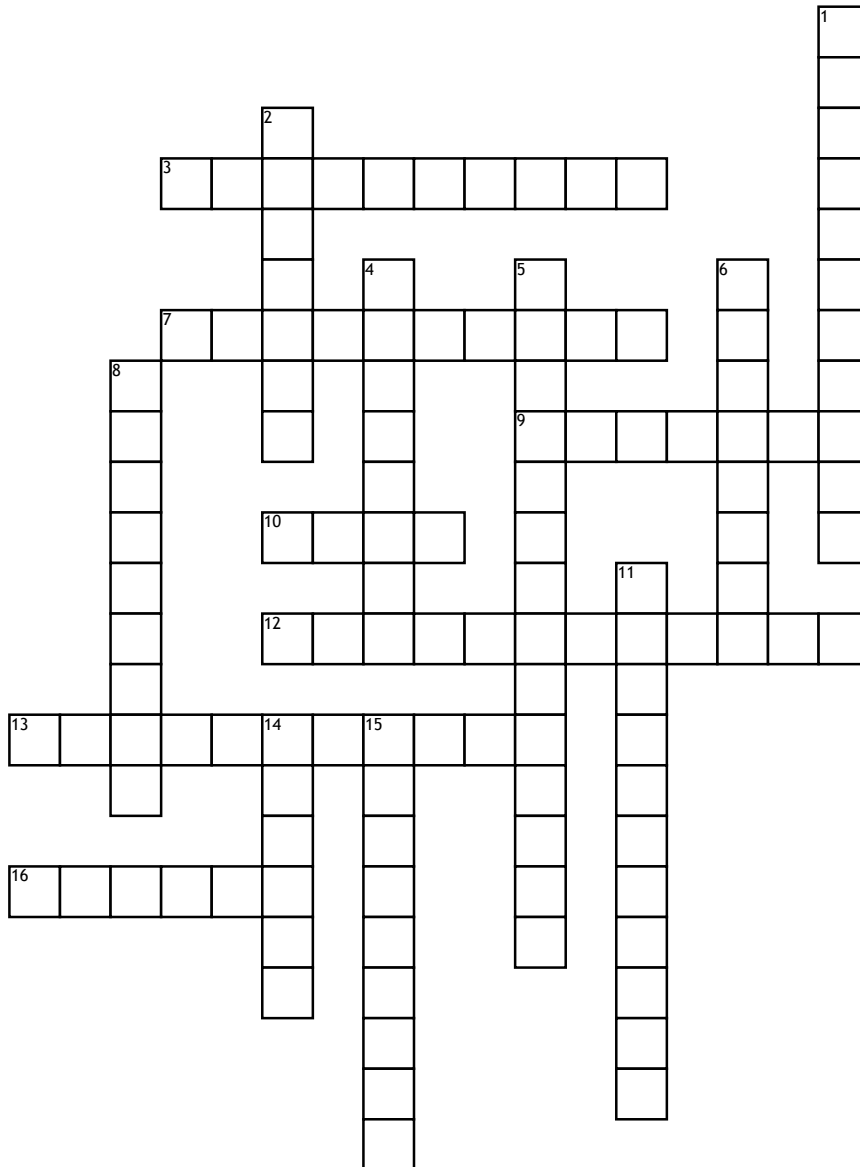


Stress Management



Across

3. Injuries and accidents is a sources of stress during _____.

7. Common sign of stress.

9. A natural instinctive state of mind deriving from one's circumstances, mood, or relationship with others

10. By doing this can help you maintain a nutritious _____.

12. The Moving of something from its place or position.

13. Common symptom of stress

16. Nail biting and sleeping too much is a common sign of _____.

Down

1. School, Test, State Exams are sources of stress during _____.

2. A feeling of worry, nervousness. or unease.

4. The State of being in good health.

5. Healthy ways to manage with stress is _____

6. By doing this can relive stress.

8. Losing a pet or Parent divorce is a sign of what source of stress.

11. One common symptom of stress

14. A time of intense difficulty, trouble or danger.

15. What stage of stress is Starting/losing a job