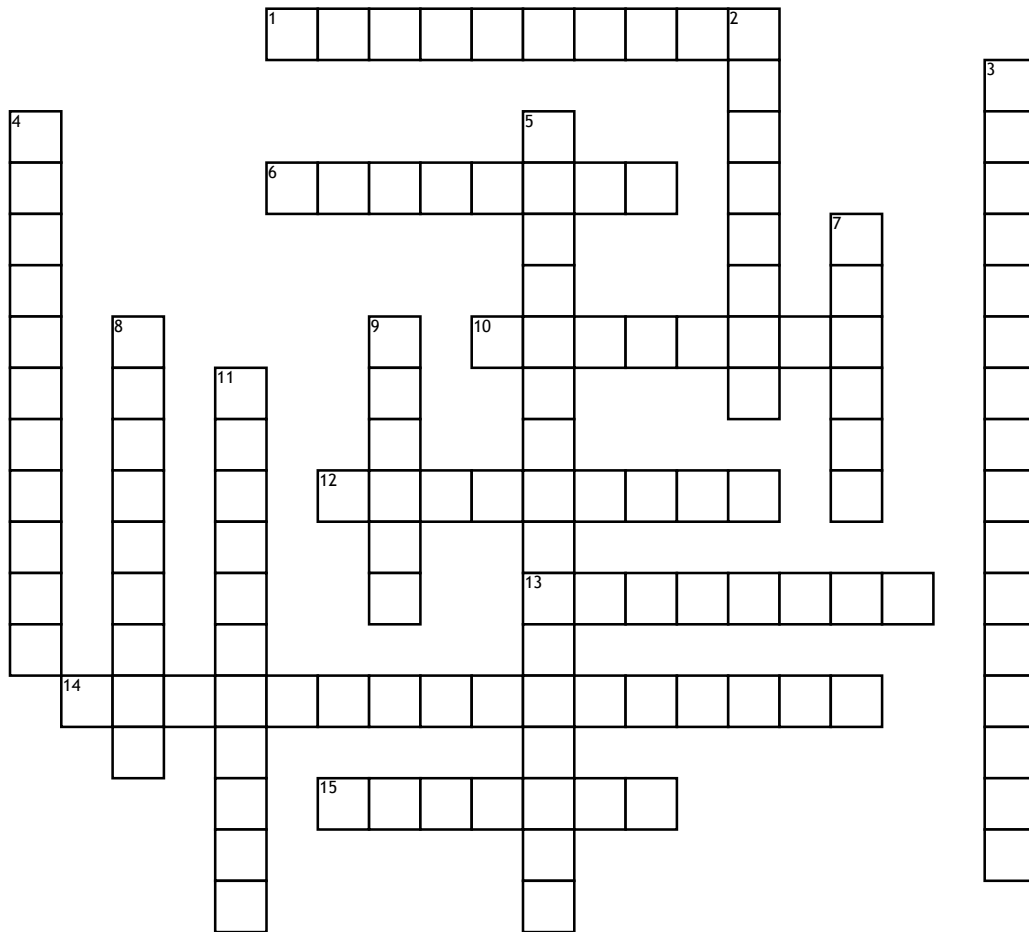


Stress & Health Group 4



Across

1. hormone that is secreted in response to stress and increases heart rate, pulse rate, and blood pressure
 6. the state of being in good health, especially as an actively pursued goal
 10. any event, experience, or environmental stimulus that causes stress in an individual
 12. the habits, attitudes, tastes, and moral standards of a human
 13. steroid hormone produced by the adrenal gland, called the "stress hormone"

14. everything HAS to be perfect, deal with life with patience and hostility, constantly striving for stress, everything has to be in order, never late
 15. state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress

Down

2. moderate or normal psychological stress interpreted as being beneficial for the experiencer
 3. nothing bothers them, little annoyances of life are whatever, no test anxiety-- who cares?
 4. feeling that occurs when we are prevented reaching a goal

5. study of psychological and behavioral processes in health, illness, and healthcare
 7. a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances
 8. endocrinologist known for his studies of the effects of stress on the human body and his general adaptation syndrome theory
 9. to face and deal with responsibilities, problems, or difficulties, especially successfully or in a calm or adequate manner
 11. american psychologist who in 1955 developed rational emotive behavior therapy

Word Bank

- | | | | |
|--------------------|--------------------|-------------------|------------|
| type a personality | type b personality | coping | adrenaline |
| wellness | frustration | health psychology | hans selye |
| stressor | eustress | cortisol | lifestyle |
| albert ellis | burnout | stress | |