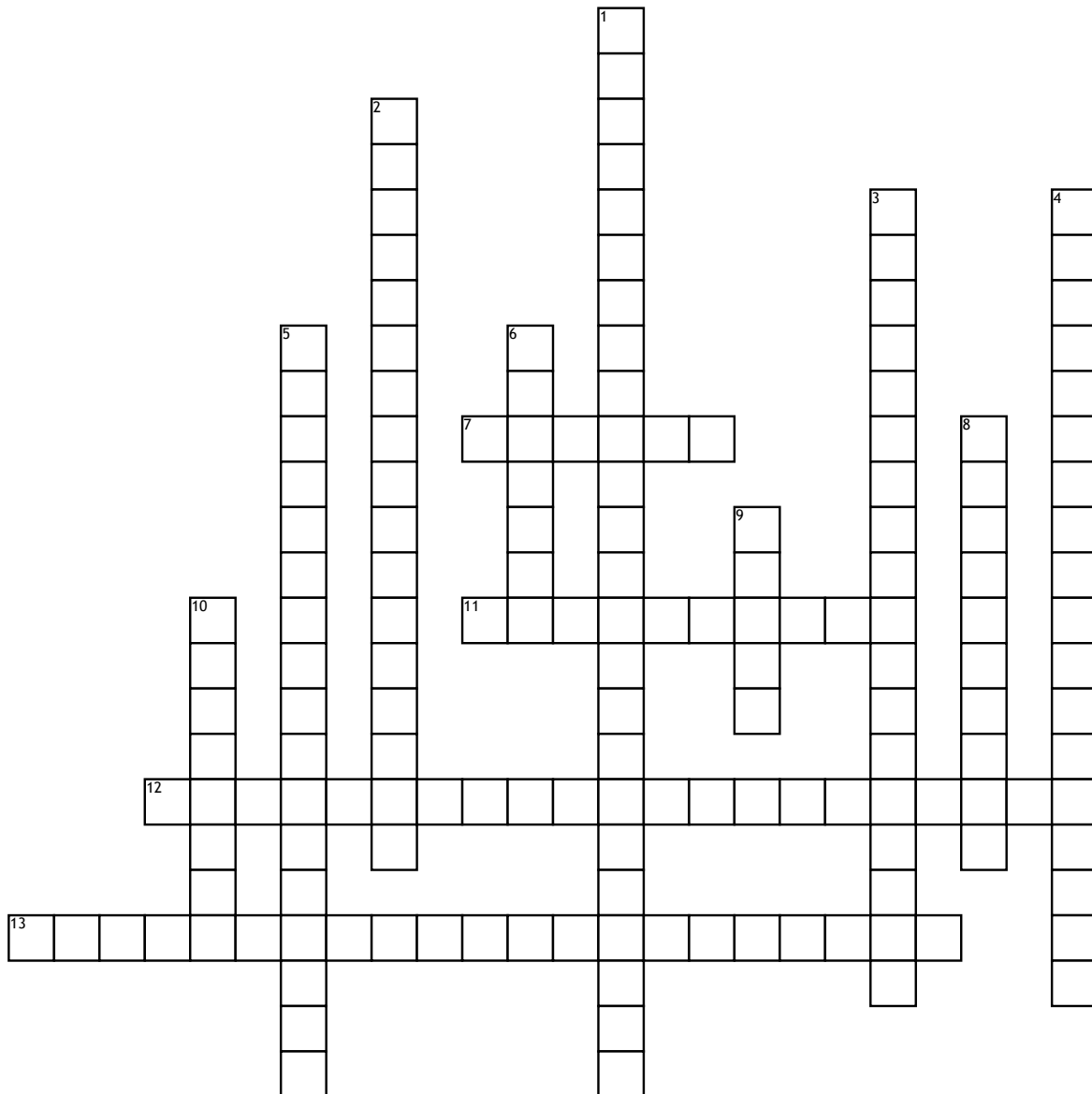


Name: _____

Date: _____

Stress and Effects



Across

7. Reaction of body and mind through everyday challenges

11. Second stage of body's response to stress?

12. Physical illness caused by mental factors or internal conflict is?

13. poverty, pollution, noise or natural disasters

Down

1. negative reactions in the body and mind cause by the lack of activity

2. the way you perceive situation

3. How can you manage stress?

4. illnesses, disabilities or injuries

5. Planning ahead better prepares your for ?

6. Third stage of body's response to stress?

8. When you exercise your body produces ?

9. First stage of body's response to stress?

10. Anything that causes stress