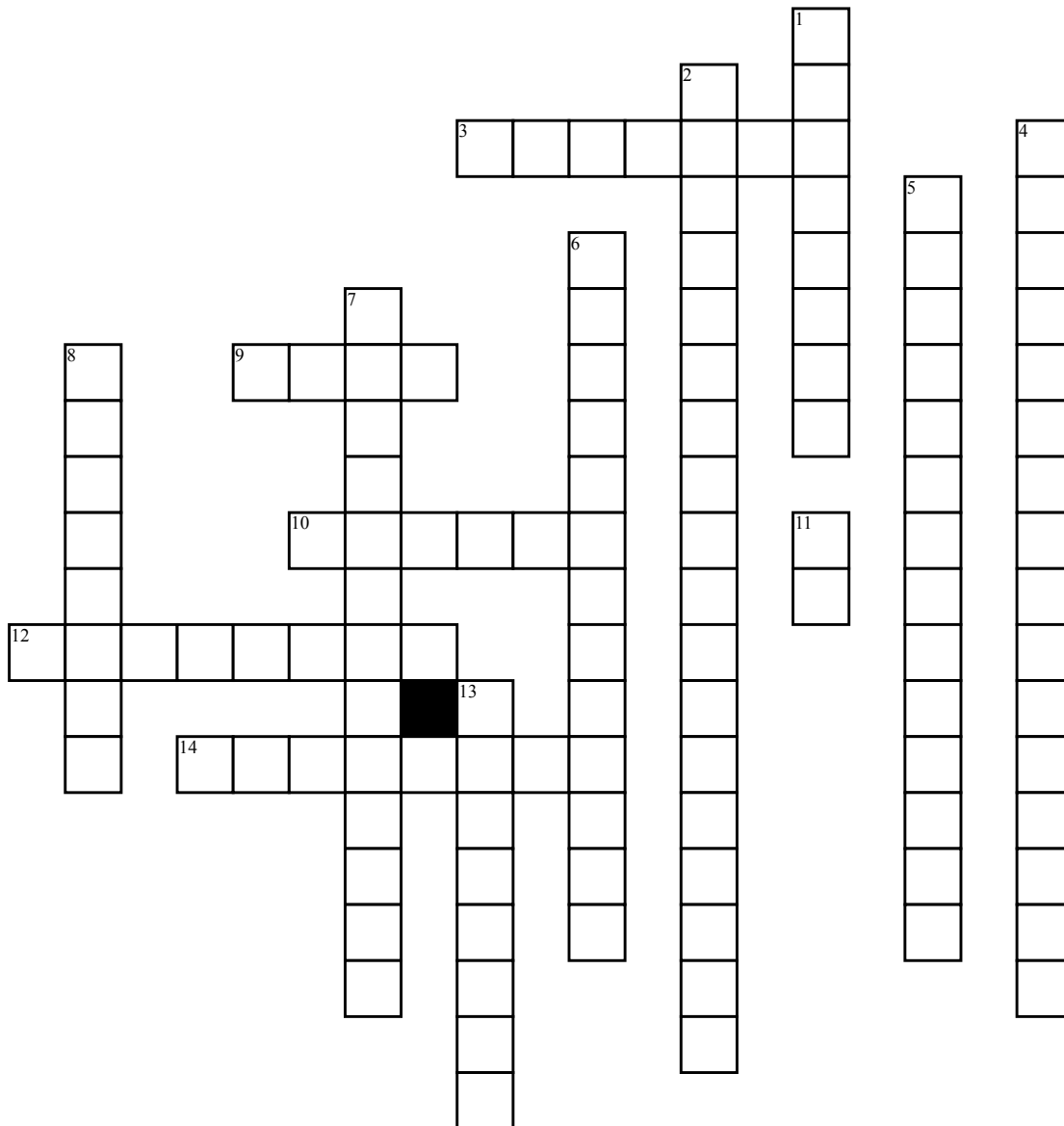


Name: _____

Stress and Health



Across

3. Physical, emotional, and mental exhaustion
9. A state of optimal we experience
10. Stress does not create _____ cells
12. The common result of a healthy lifestyle and healthy attitude
14. The point a to which an individual's weight thermostat is supposedly set

Down

1. A generally positive outlook on the future
2. Subfield of psychology that focuses on the study of optimal human functioning
4. These people are easygoing, laid-back, and relaxed
5. Hormones released in response to stress
6. Nervous system activated in response to the stressor

7. Makes people feel liked and wanted
8. Stress perceived as being positive
11. An average adult has _____ billion fat cells
13. Stress perceived as being negative