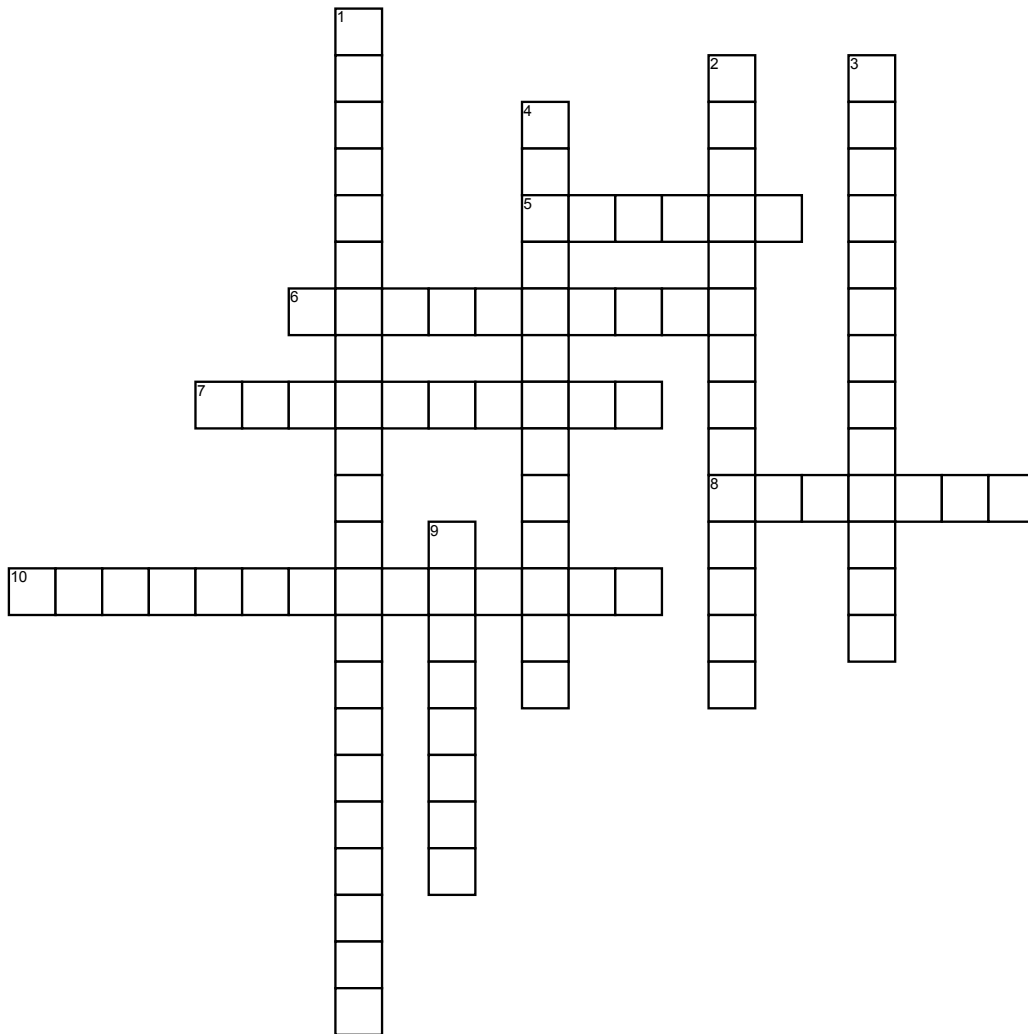


Stress



Across

- 5. A state of mental or emotional strain or tension resulting from adverse or very demanding circumstances.
- 6. A contemplative discourse
- 7. Feelings of severe despondency and dejection
- 8. Desire to do something, typically accompanied by unease.
- 10. Involving important duties, independent decision-making, or control over others.

Down

- 1. A bipolar disorder
- 2. Things that make us and break us
- 3. The instinctive physiological response to a threatening situation, which readies one either to resist forcibly or to run away.
- 4. To make visible
- 9. A recurrent throbbing headache that typically affects one side of the head and is often accompanied by nausea and disturbed vision

Word Bank

- | | | |
|--------------------------|-----------------|-----------------|
| Manic-Depressive-Illness | Visualization | Fight-or-Flight |
| Depression | Migraine | Responsibility |
| Stress | Personal Habits | Meditation |
| Anxiety | | |