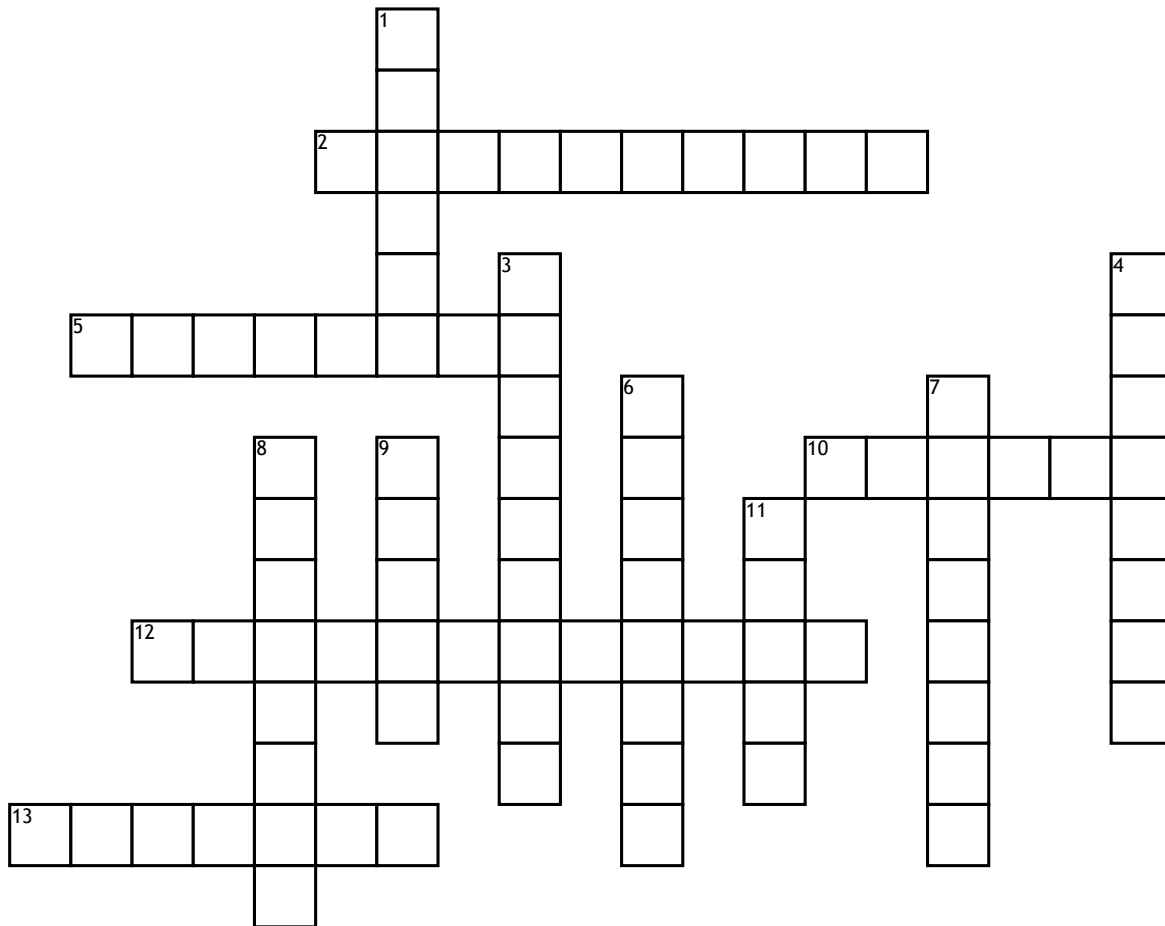


Stress relief kit



Across

2. Not eating or Over-eating are examples of what resistance stage?

5. _____ stress. body gets worn down and sick from extended stress

10. what is the second alarm stage of stress?

12. physical _____ causes stress. ex: loud noise

13. Somewhere you can go to relieve stress

Down

1. what is the third alarm stage of stress?

3. impatience, Negative thinking are examples of what resistance stage?

4. What is positive stress called?

6. Headache, Muscle tension are examples of what resistance stage?

7. what is negative stress called?

8. _____ problems cause stress. ex: homework

9. _____ life changes cause stress. ex: deaths, new school

11. What is the first alarm stage of stress?