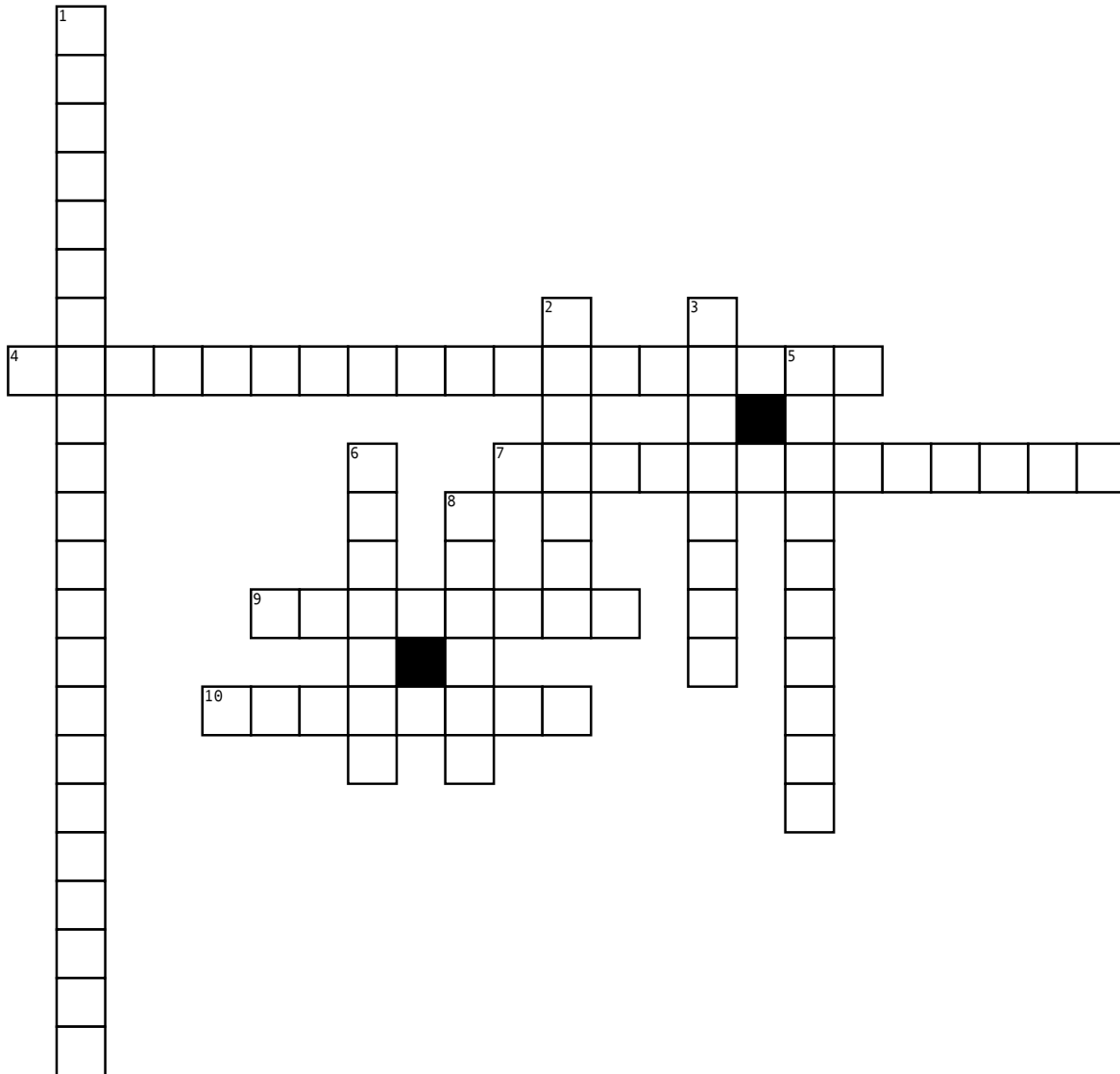


psychology



Across

- 4. the way one views the situation that helps determine it affect of stress
- 7. accelerated amount of energy which prepares body for aggressive action
- 9. positive stress that causes body to do the work that's needed to be done
- 10. an agent that triggers stress is known as the ?

Down

- 1. adopting a positive attitude to avoid stress
- 2. positive things that happen in our daily life which neutralizes the affects of stress is ?
- 3. negative stress that demotivates the energy in life
- 5. a chemical that increases heart rate and increases strength of the body
- 6. daily annoying issue that can stress are brain out in day to day life
- 8. a state of emotional or physical adversity due to demanding situations