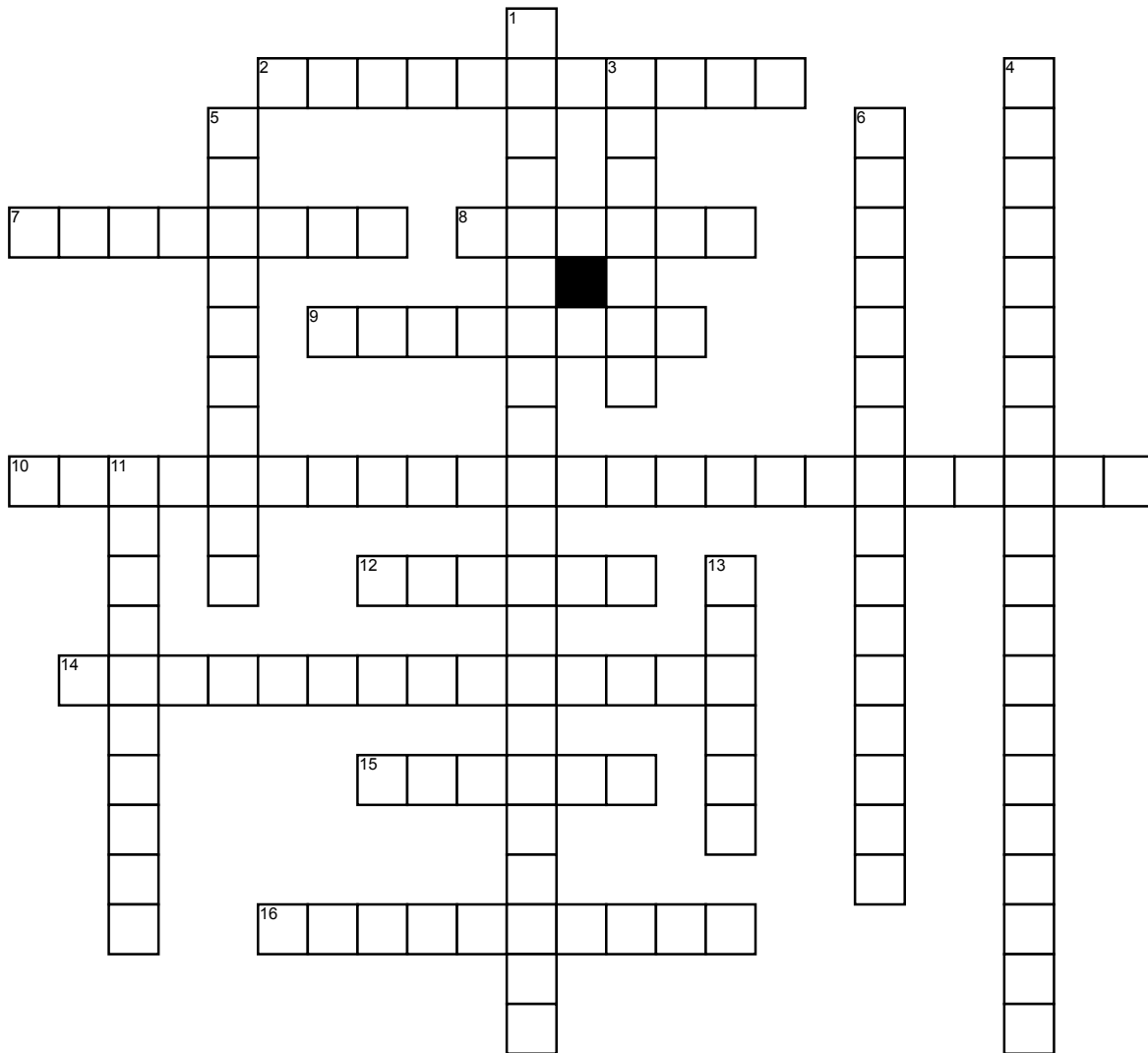


Name: _____

Date: _____

stress test



Across

- 2. name one common symptom of stress
- 7. a natural instinctive state of mind deriving from one's circumstances, mood, or relationships with others
- 8. the process of contending with life difficulties in an effort to overcome or work through them.
- 9. what is one way to have fun and relax from stress?

- 10. name one type of childhood stress.
- 12. a time of intense difficulty, trouble, or danger
- 14. what should you avoid during stress?
- 15. what is the main topic of this crossword puzzle?
- 16. what is one way to manage stress?

Down

- 1. name one type of stress in adolescence

- 3. a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome
- 4. name a stress during adulthood
- 5. name one common sign of stress
- 6. name a stress during senior years
- 11. what is another sign of stress?
- 13. the action of declaring something to be untrue