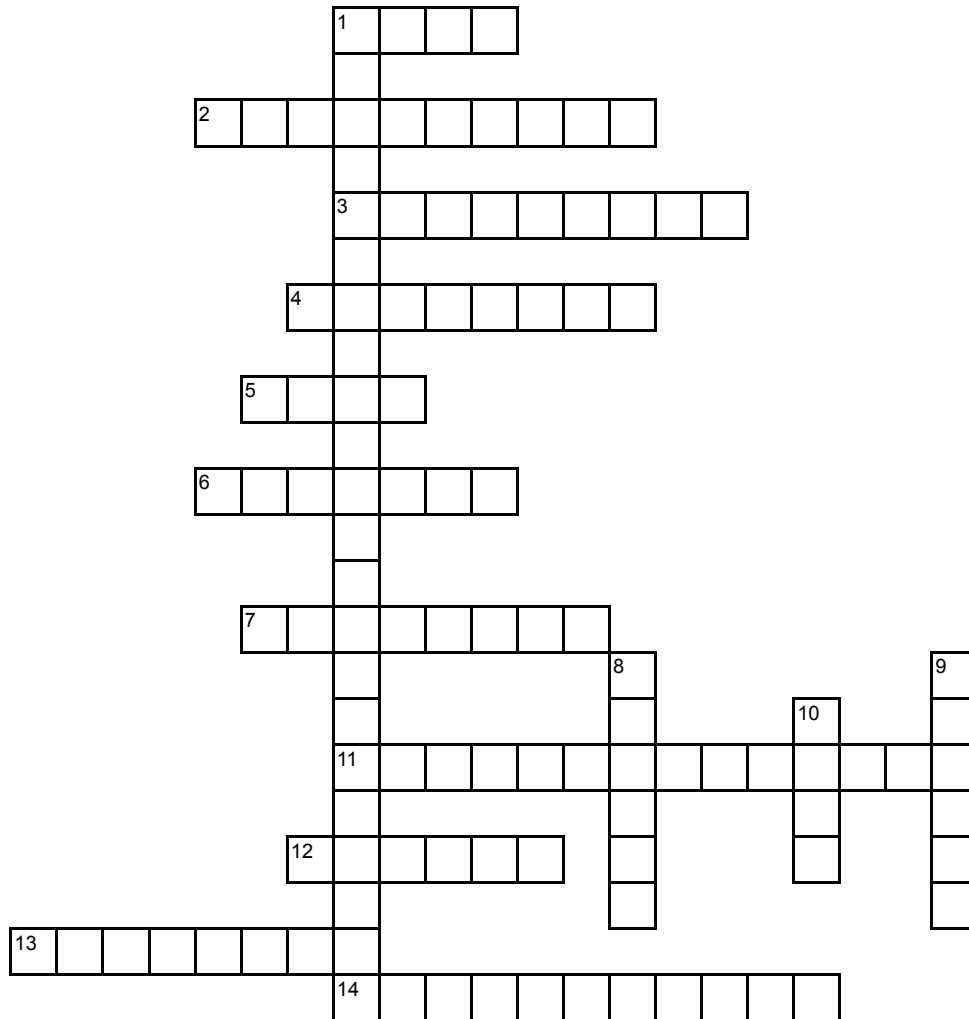


Stress

This cross word includes definitions, examples, and coping strategies.



Across

- 1 A reaction when a stressor involves real danger. Example, a fire.
- 2 Focusing of attention with the goal of clearing one's mind and producing 'inner peace'.
- 3 Personality traits of control, commitment, and challenge that help reduce stress.
- 4 Going to the movies with friends or staying home to study is an example of _____ situation.
- 5 Marriage, serious illness, new job, moving away, and sudden death in family are examples of _____ changes stress.
- 6 One emotional response toward Stress.
- 7 People who are able to take care of themselves have gained _____.
- 11 The response to a stressor.
- 12 People get this type of support benefits cancer, military combat, natural disasters.
- 13 A positive type of stress.
- 14 What can cause stress?

Down

- 1 Responses to prepare a person for self defense.
- 8 A person's reaction to his or her inability to cope with certain tense event or situation.
- 9 What is one Coping strategy with stress?
- 10 A condition where someone has experienced a traumatic event. Soldiers often come home with this.

