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Chapter 18- Stress Management

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|  |  |  |  |  |  |  |  | 3  R |  |  |  |  |  | B |  |  |  |  |  |  |  |  | N |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  | E |  |  | 4  M |  | 5  P | L | A | Y |  |  |  |  |  |  | T |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  | C |  |  | E |  |  | E |  |  |  |  |  |  |  |  | C |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  | R |  |  | N |  |  | M |  |  |  |  |  |  |  |  | O |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  | E |  |  | T |  |  | F |  |  |  |  |  |  | 6  C |  | P |  |  |  |  |  |  |
|  |  |  |  | 7  A | P | P | R | A | I | S | A | L | F | O | C | U | S | E | D | C | O | P | I | N | G |  |  |  |  |
|  |  |  |  |  |  |  |  | T |  |  | L |  |  | C |  |  |  |  |  |  | P |  | N |  |  |  |  |  |  |
|  |  |  |  | 8  E | M | O | T | I | O | N | F | O | C | U | S | E | D | C | O | P | I | N | G |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  | O |  |  | I |  |  | S |  |  |  |  |  |  | N |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  | N |  |  | 9  L | A | B | E | L | I | N | G |  |  | G |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  | T |  |  | D |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |  |  |  |  |  | 10  L | E | I | S | U | R | E |  |  |  |  |  |  |  |  |  |  |  |
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| **Across**  **5.** Activity done of ones own free will  **7.** adapting to stress by changing your perceptions of stress  **8.** Adapting to stress by regulating emotions  **9.** you identify with your shortcomings  **10.** Time that is free from the demands of work | **Down**  **1.** seeking immediate, temporary relief from stress  **2.** Adapting to stress by changing the source of stress  **3.** Something you do for amusement or fun  **4.** you dwell on negatives and ignore positives  **6.** A persons constantly changing cognitive and psychological efforts to manage stress |