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Chapter 18- Stress Management

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|  |  |  |  |  |  |  |  | 3R |  |  |  |  |  |  B |  |  |  |  |  |  |  |  |  N |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  E |  |  | 4M |  | 5P |  L |  A |  Y |  |  |  |  |  |  |  T |  |  |  |  |  |  |
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|  |  |  |  | 7A |  P |  P |  R |  A |  I |  S |  A |  L |  F |  O |  C |  U |  S |  E |  D |  C |  O |  P |  I |  N |  G |  |  |  |  |
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|  |  |  |  | 8E |  M |  O |  T |  I |  O |  N |  F |  O |  C |  U |  S |  E |  D |  C |  O |  P |  I |  N |  G |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |  |  N |  |  | 9L |  A |  B |  E |  L |  I |  N |  G |  |  |  G |  |  |  |  |  |  |  |  |
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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 |