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Chapter 3 Stress

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| **Across****2.** Using your time more productively to help you feel more in control.**10.** Doing something to release built up energy to help manage stress.**12.** Negative stress is known as this.**14.** Being angry, impatient or irritable are examples of this type of warning sign.**15.** The response of your body or mind to being challenged or threatened.**16.** Headaches and upset stomachs are examples of this warning sign.**17.** Positive stress is known as \_\_\_\_\_\_\_\_\_\_\_\_\_.**18.** The 3 stages of stress are known as alarm, resistance and \_\_\_\_\_\_\_\_\_\_\_\_.**19.** Common stressor, sometimes called a "hassle." | **Down****1.** Taking care of yourself and building a support system are part of this stress management technique.**3.** This stress management technique involves sharing your problems with someone you trust such as a counselor.**4.** Giving your body and mind a rest is known as this.**5.** Practicing an even without actually doing it.**6.** This type of stressor includes conditions of your immediate surroundings. **7.** The body's initial response to stress is known as "fight" or \_\_\_\_\_\_\_\_\_\_\_\_.**8.** Overeating and reckless behavior are examples of this warning sign.**9.** This can be highly stressful and unexpected.**11.** Having to adjust to new people or surroundings is known as this type of stressor.**13.** An event or situation that causes stress. |