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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. |