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Coping With Stress

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| **Across**  **4.** Rated life's most stressful event  **5.** An effective technique for managing stress  **8.** The acceptance of a loss  **9.** The amount of stress is not as important as one's capability to \_\_\_\_\_ with stress  **10.** The process by which we perceive and respond to certain events , called stresssor's, that we appraise as threatening or challenging  **11.** Body system severely weakened by long-term stress  **12.** Stress can reduce the body's ability to fight \_\_\_\_\_ | **Down**  **1.** The emergency hormone that is secreted in your body in the fight or flight response  **2.** Stress associated with long-term problems that are beyond a person's control  **3.** The small area of the brain that receives a danger signal from other areas of the brain  **6.** First stage of stress response  **7.** Event which produces stress |