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| **Across****5.** The response of your body and mind to being challenged or threatened is called \_\_\_\_\_\_\_**10.** If done at park or gym or home, this activity relieves stress and is good for you**13.** The stress hormone is called \_\_\_\_\_\_\_\_\_\_\_**16.** People go on these atleast once a year, for break from their job**17.** You experience stress when situations, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, or people make demands on your body and mind**18.** The body's response to stress, happens in the Alarm Stage | **Down****1.** Time off from work, doing nothing but enjoying yourself**2.** The stage where the body adapts to the continued presence of the stressor is \_\_\_\_\_\_\_**3.** Severe or \_\_\_\_\_\_\_ stress can affect your health**4.** Positive stress is also called as \_\_\_\_\_\_\_\_\_**6.** An event or situation that causes stress **7.** Stage where the body can no longer keep up with the demands placed upon it is \_\_**8.** Feelings of high stress, panic, worry. Sometimes including physiological symptoms**9.** Stage where the body releases adrenaline and the fight or flight response takes place**11.** What it's called when people talk to a mental health professional**12.** Stress can reduce the body's ability to fight\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**14.** Your body's initial response to stress is \_\_\_\_\_\_\_\_\_\_\_\_\_\_ **15.** This is done out loud, when something is funny and can make you feel better |