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STRESS

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| 10  E | X | E | R | C | I | S | E |  | A |  | A |  |  |  | A |  | 11  C |  | G |
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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 |