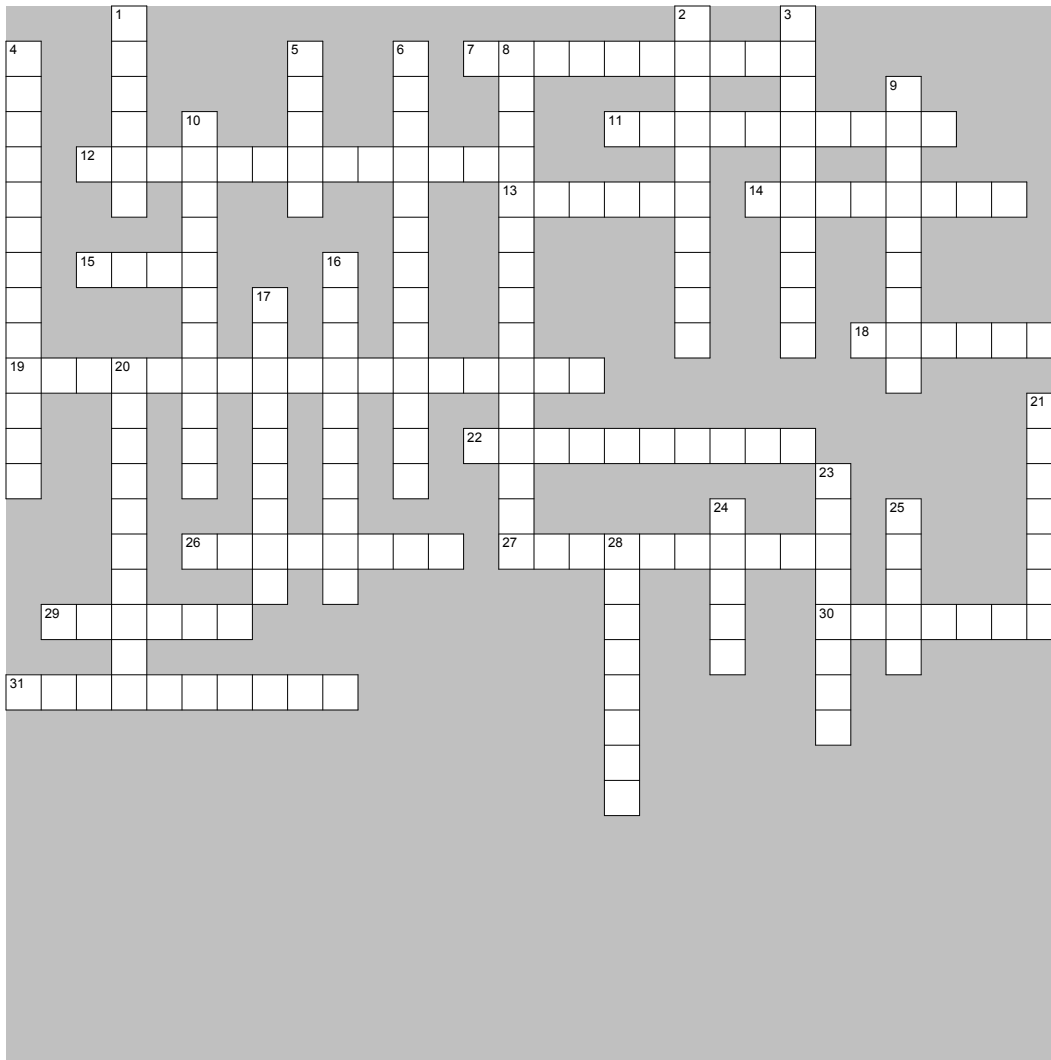


## Holt Ch 4 Managing Stress



### Across

7. Epinephrine used to be called this!
11. In the grieving process, this is the final attempt at avoiding what is true.
12. This is one relaxation technique that brings oxygen to all parts of the body
13. The body's and mind's response to a demand
14. This is the bad kind of stress
15. This is a ceremony that is held to allow family and friends to view or watch over the deceased person
18. This is the 1st stage of the grieving process, or a big river in Egypt
19. This is a stress related joint dysfunction
22. This word refers to having a clear set of rules and consequences for school, family, and relationships
26. This is any situation that puts a demand on the body or mind
27. Any major ????, ????, good or bad, may be a cause of stress
29. This means to express sadness because of a loss
30. This is the process by which a body is burned by intense heat
31. In this stage of the grieving process you learn to live with a loss

### Down

1. What sport is shown in a picture in section 1?
2. This is the first stage of the General Adaptation Syndrome
3. This is the ability to recover from illness, hardship, and other stressors
4. In time management, you should always leave time for and plan ??? ???
5. In the fight-or-flight response your eyes do this
6. This response is triggered by the release of epinephrine which prepares you to run or fight
8. Depressed people will often use ?????? to escape pain
9. This is one of the adjectives used for a person who is under eustress
10. This is a hormone released by the body in times of stress
16. This was the most important thing to Helene!
17. The suggests that you should not use permanent solutions to solve ??? problems
20. This means to arrange things in order of importance
21. This industry was 12% of stress cases that involved time lost from work
23. This type of activity can help to reduce stress
24. To help manage your time, you must learn to ??? ??
25. The book lists this many warning signs of suicide
28. This is the good kind of stress

This stomach problem has been attributed to excess stress