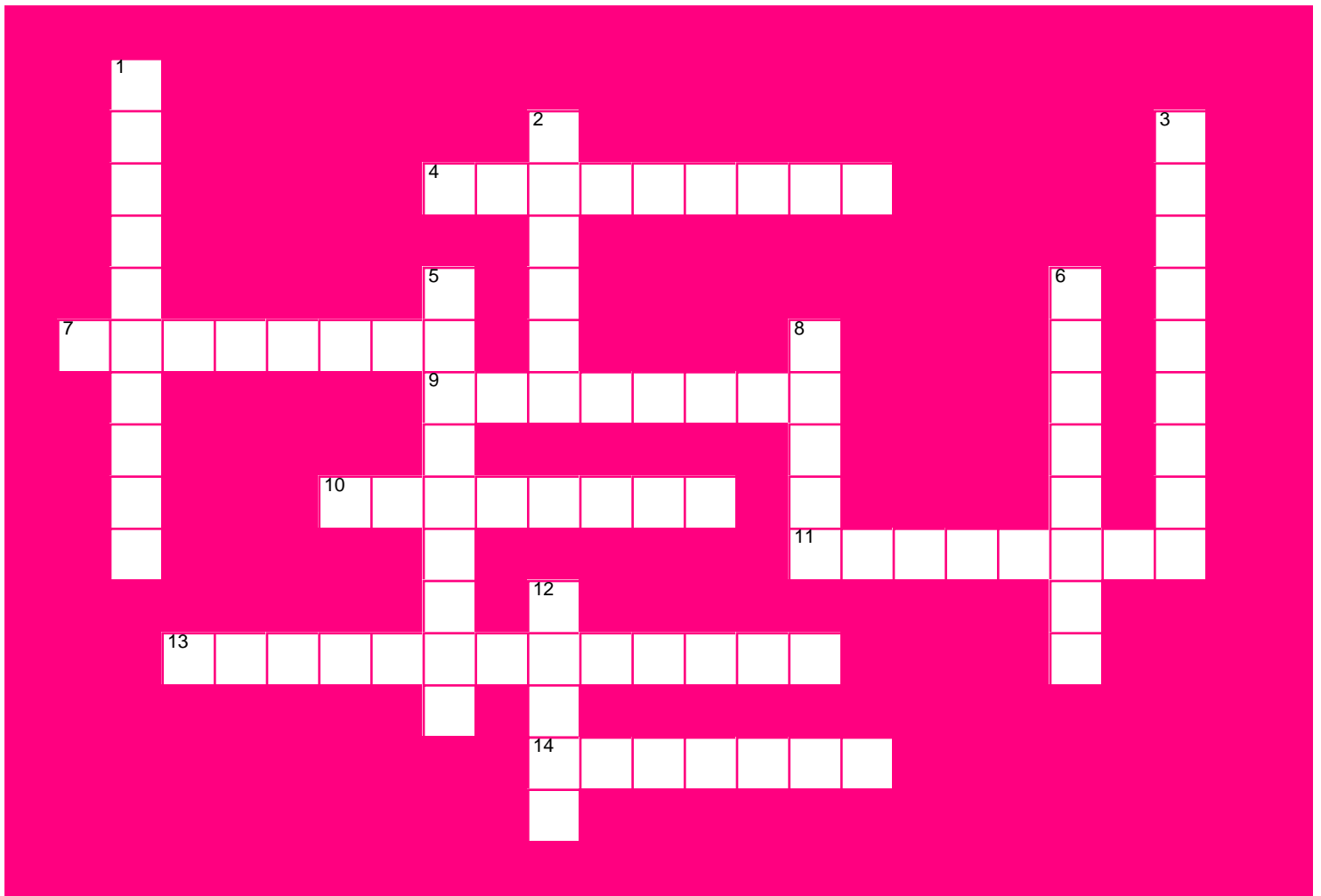


# Stress



## Across

4. Role playing and planning in advance are examples of this stress reducing strategy.
7. What is the world's best stress reducer?
9. Who has stress?
10. Telling yourself that you are special is an example of \_\_\_\_\_ thinking.
11. Stress can sometimes be good because it can \_\_\_\_\_ us.
13. What is an automatic physical response to stress (2 words)?
14. Name one thing too much stress can lead to.

## Down

1. What activity uses breathing and focus to give your mind a break?
2. A major culprit in causing stress is \_\_\_\_\_.
3. Name one thing you do when you practice guided imagery.
5. Stress is a normal feeling caused by the \_\_\_\_\_ of everyday life.
6. \_\_\_\_\_ can release calming chemicals in the brain.
8. The opposite of relaxed is \_\_\_\_\_.
12. Taking a warm bath or listening to music are great ways to \_\_\_\_\_.