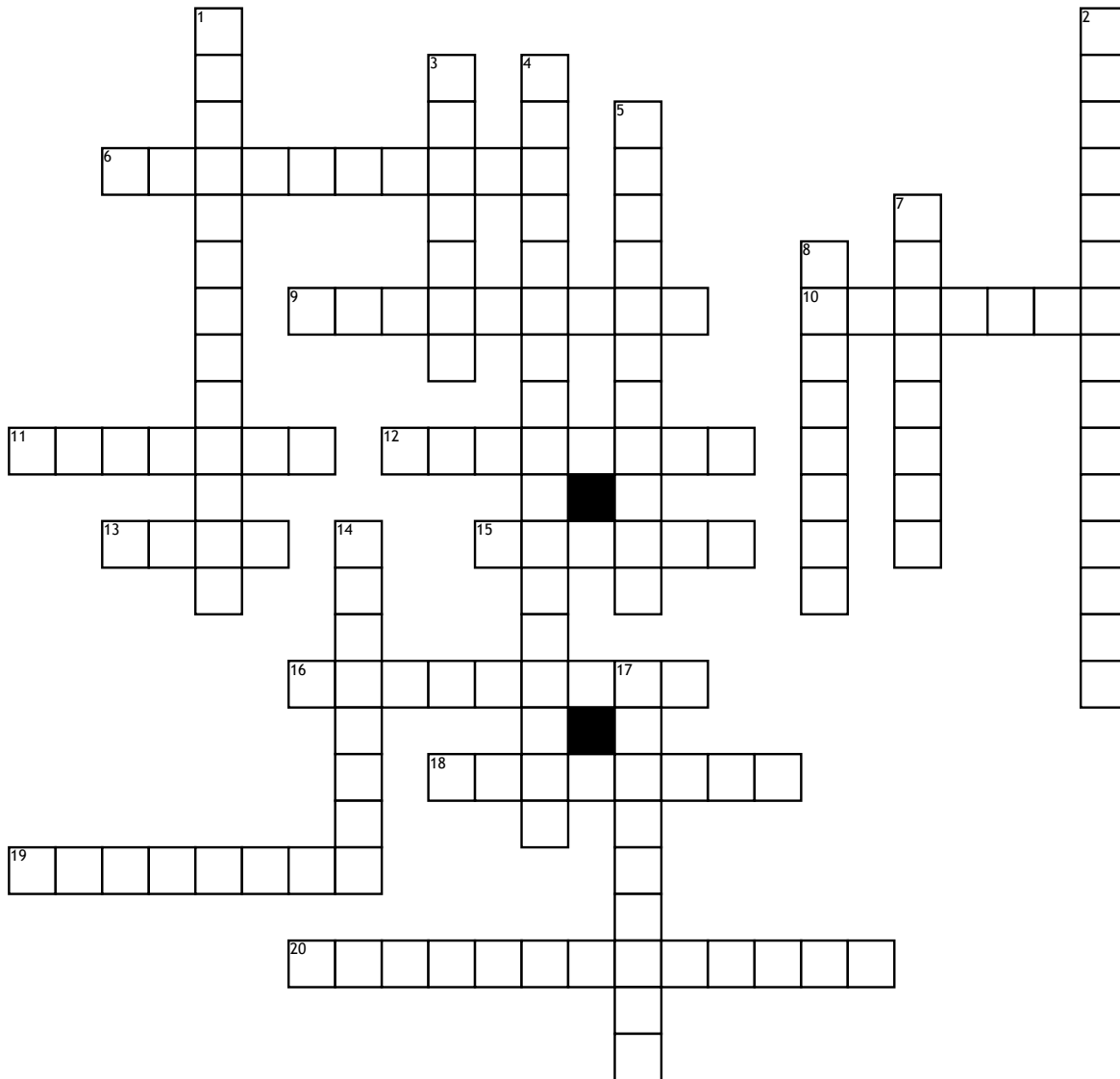


Name: _____

Date: _____

CONCEPTS 17-18



Across

6. What involves the organized use of freetime and typically includes social interaction?

9. What type of focused coping is adapting to stress by changing your perceptions of stress?

10. What type of focused coping is adapting to stress by changing the source or cause of stress?

11. What type of focused coping is adapting to stress by regulating the emotions that cause or result from stress?

12. What kind of stress is known as "positive stress"?

13. What is the term for an activity done at one's own free will?

15. What is the term for when a person is constantly changing cognitive and psychological efforts to manage stressful situations?

16. What is a collection of personality traits thought to make a person more resistant to stress?

18. What kind of stress is known as "negative stress"?

19. Which avoidant coping strategy is refusing to think about the situation or pretending no problem exists?

20. What type of fatigue is known as "true fatigue"?

Down

1. What type of fatigue is known as "false fatigue"?

2. What type of nervous system helps bring the body to a resting state following stressful experiences?

3. What is time that is free from the demands of work?

4. What is associated with high levels of organization, thoughtfulness, and goal directed activity?

5. What type of nervous system responds to stressful situations by initiating a fight or flight response?

7. What type of coping is used for seeking immediate, temporary relief from stress through distraction or self indulgence?

8. What is it called to have a constant positive outlook on life?

14. Which avoidant coping strategy is looking for ways to feel better or to stop thinking about a problem?

17. What are things that place a greater than routine demand on the body?