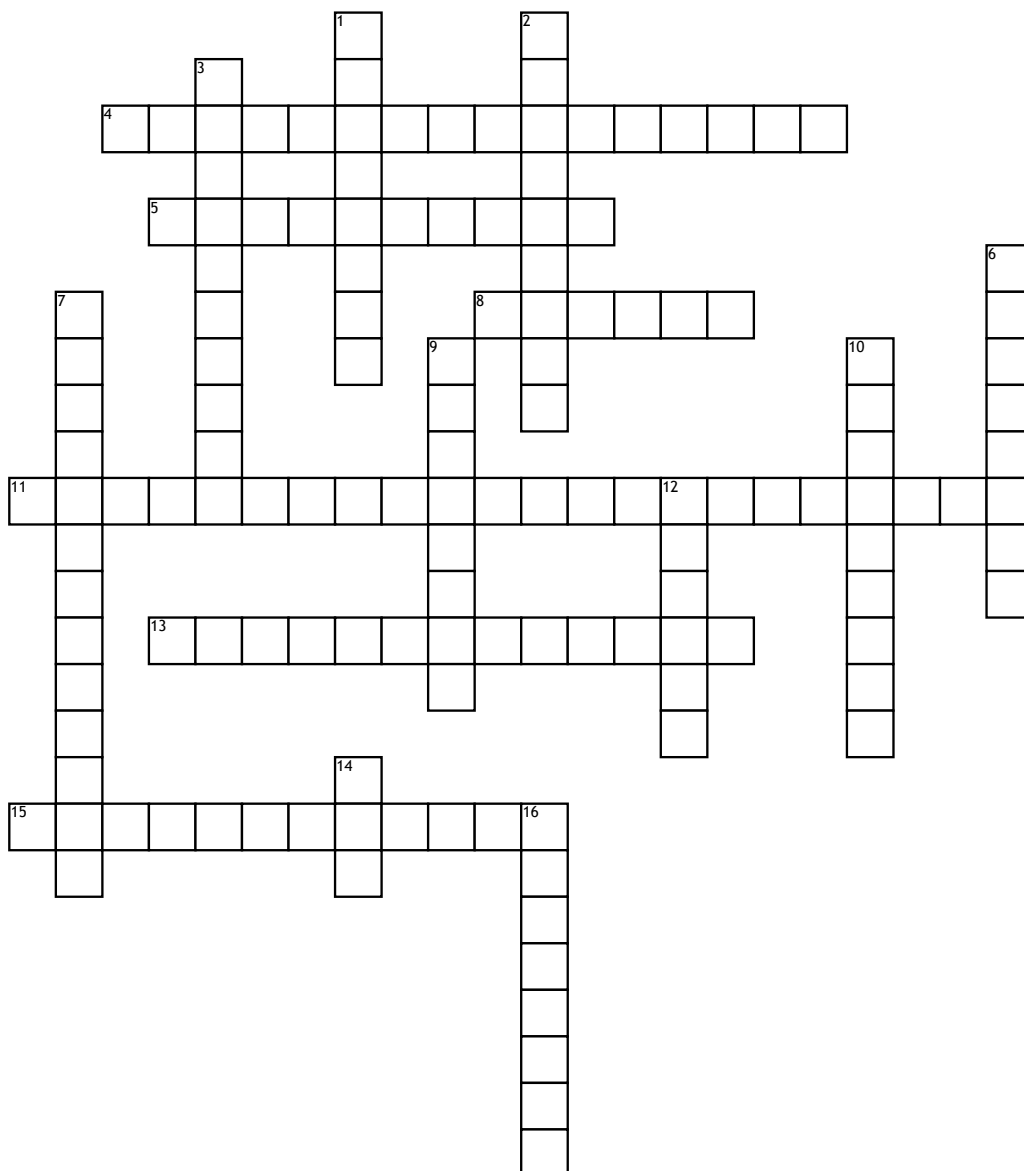


Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Ch. 4 Stress: Health Class (BMHS)



## Across

4. 1st step in coping with stress

5. blaming others

8. refusal to accept reality

11. C.F.S.

13. The body's communication network and control center

15. brought on by overworking the body's defense for fighting disease.

## Down

1. stress has been classified as the health \_\_\_\_\_ of the 21st century

2. a more reserved personality

3. going backwards for security purposes

6. negative stress

7. Mental stress

9. positive stress

10. outgoing personality

12. The body The Body and mind's reactions to everyday demands

14. a factor that Influence how your body responds to stress

16. the best medicine