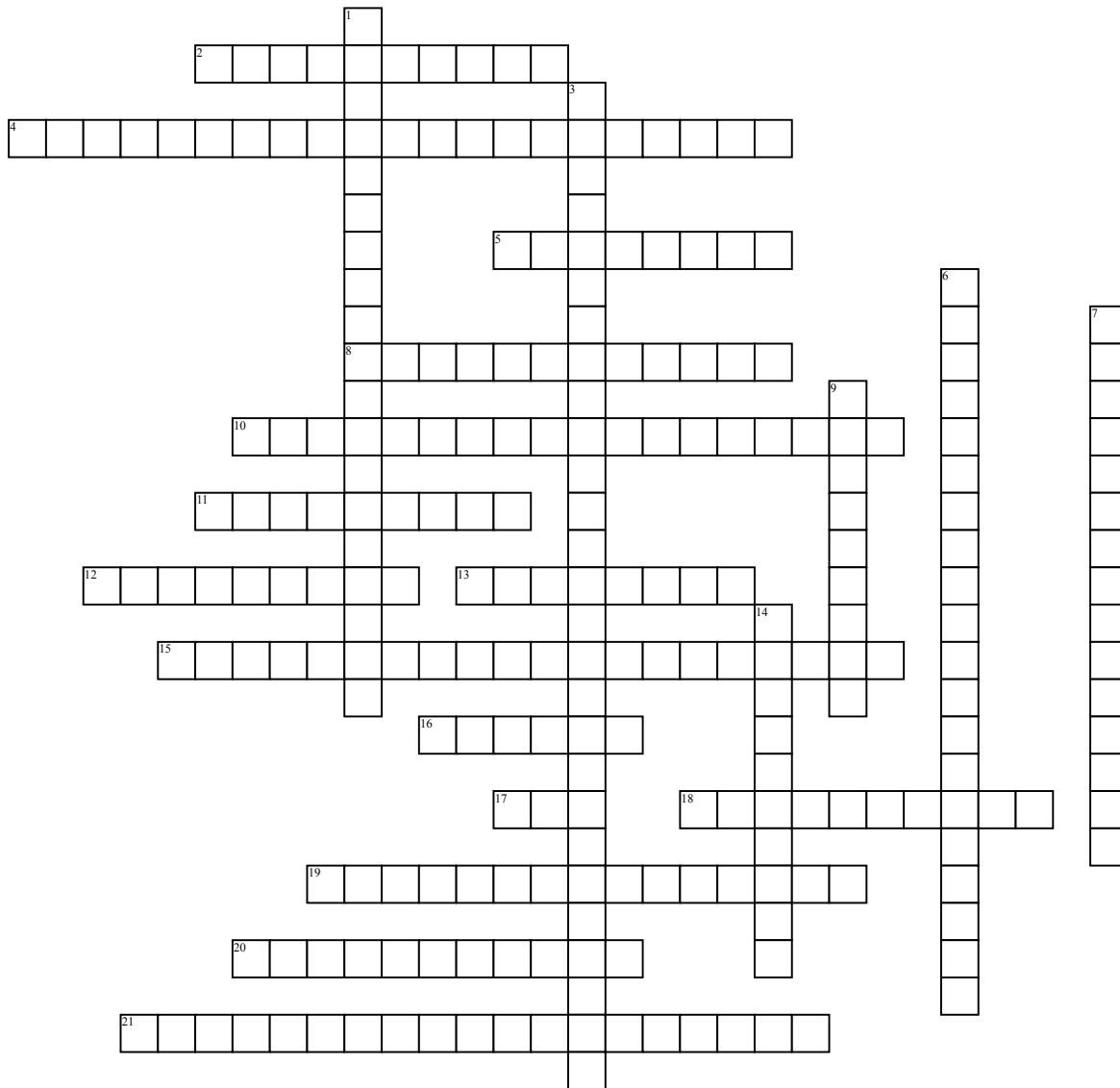


Chapter 12 Cross word puzzle



Across

2. The cerebral cortex, or the thinking brain, helps us appraise the situation, consider alternate solutions, and directs our efforts towards coping.
4. coping strategy by which we tackle life's challenges head-on
5. Organisms that invade the body
8. Search for the sacred, which may or may not extend to belief in God.
10. Determining how well we can cope with it.
11. Disease-producing organisms
12. The act of disclosing painful feelings
13. Minor annoyance or nuisance that strains our ability to cope
15. Damage to the heart from the complete or partial blockage of the arteries that provide oxygen to the heart.
16. the tension, discomfort, or physical symptoms that arise when a situation strains our ability to cope effectively

17. Damage to the heart from the complete or partial blockage of the arteries that provide oxygen to the heart. this occurs when deposits of cholesterol collect in the walls of arteries, narrowing and blocking the coronary arteries, creating a condition called atherosclerosis.
18. Vivid memories, feelings, and images of traumatic experiences
19. stress hormones that activate the body and prepare us to respond to stressful circumstances
20. Ancient Chinese practice of inserting thin needles into more than 2,000 points in the body to alter energy forces believed to run through the body
21. Remedies that feature a small dose of an illness-inducing substance to activate the body's own natural defenses.

Down

1. illnesses such as asthma and ulcers in which emotions and stress contribute to maintain or aggravate the physical condition

3. A condition that follows extremely stressful life events.

6. Coping strategy that features a positive outlook on feelings or situations accompanied by behaviors that reduce painful emotions

7. reaction that mobilizes people to nurture (tend) or seek social support (befriend) under stress

9. Set of attitudes marked by a sense of control over events, commitment to life and work, and courage and motivation to confront stressful events.

14. Set of ritualized practices that train attention and awareness