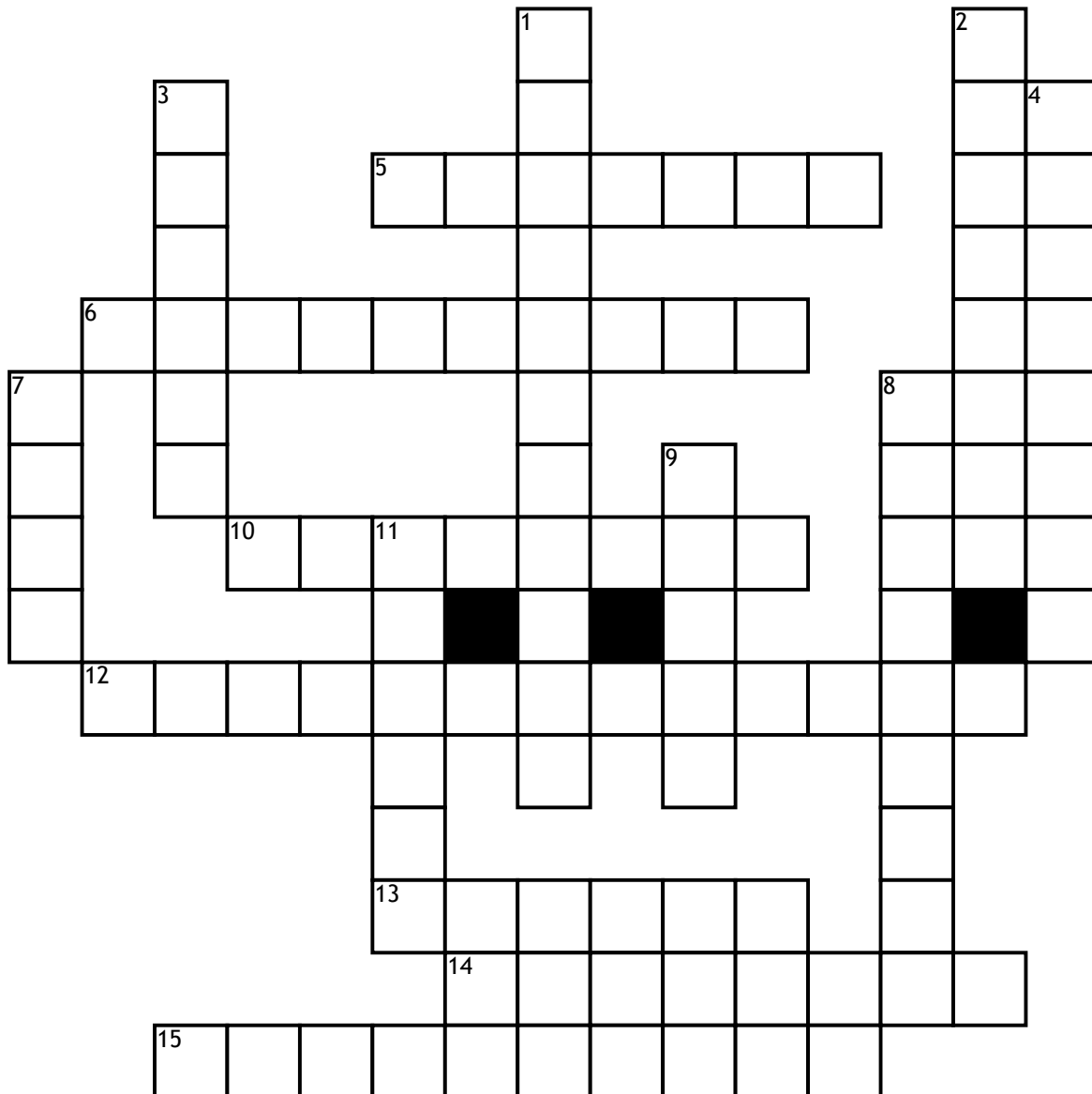


Chapter 4



Across

5. The act of intentionally taking one's own life
 6. The ability to recover from illness, hardship, and other stressors is called what?
 10. Name the term "positive stress that energizes one and helps one reach a goal"
 12. Conditions or events in your physical environment that cause stress
 13. Name the term "the body's and mind's response to a demand"

14. Name the term "negative stress that can make a person sick or keep a person from reaching a goal"

15. To arrange items in order of importance is to

Down

1. Part of the fight or flight response your body releases what?
 2. You should use positive or negative self-talk
 3. To express deep sadness because of loss is to

4. A ceremony to remember the deceased person

7. A ceremony that is held to allow family and friends to view or watch over the deceased person before the funeral

8. What age group is the third leading cause of death

9. A skill or resource that can help you reach a goal

11. Loss can cause...?