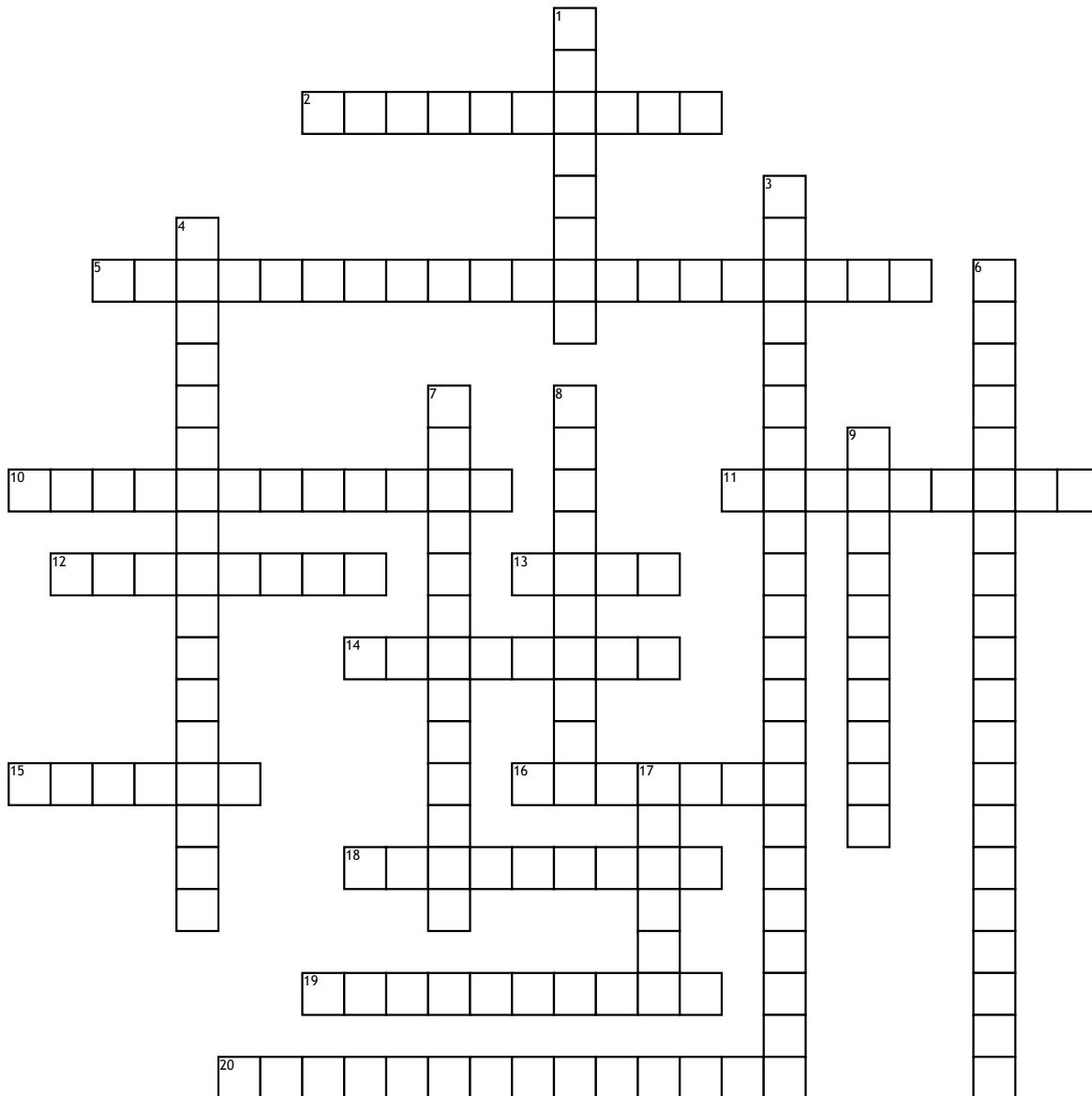


Name: _____

Date: _____

Concept 17 and 18



Across

2. Can contribute to stress reduction and wellness.

5. Strategies that are helpful for issues or problems that are not within your control.

10. Belief in one's ability to reach a desired goal.

11. Individuals with this are strongly committed to their goals, view difficult situations as challenges rather than stressors, and find ways to assume control over their problem.

12. A level of stress that compromises performance and well-being.

13. Is typically intrinsically motivated and has an imaginative component.

14. Stress that is experienced positively.

15. Strategies that attempt to directly affect the source of the stress or to effectively manage the individuals' reactions to stress.

16. Time from demands.

18. Evoke a stress reaction.

19. Leads to apathy, boredom and less than optimal health and wellness.

20. Strategies that attempt to distract the individual from the problem.

Down

1. A positive outlook on life.

3. Adapting to stress by changing your perceptions of stress and your resources for coping.

4. Individuals with this are at decreased risk for a range of negative outcomes, including asthma, stroke, depression and panic attacks.

6. Is most effective in dealing with controllable stressors.

7. Has been linked to better physical and mental health outcomes among individuals with chronic stress-related illnesses.

8. The presence of protective factors that lead to adaptive functioning.

9. The body's efforts to restore normalcy.

17. Approximately 75 percent of adults say they have experienced moderate to high levels in the past month.