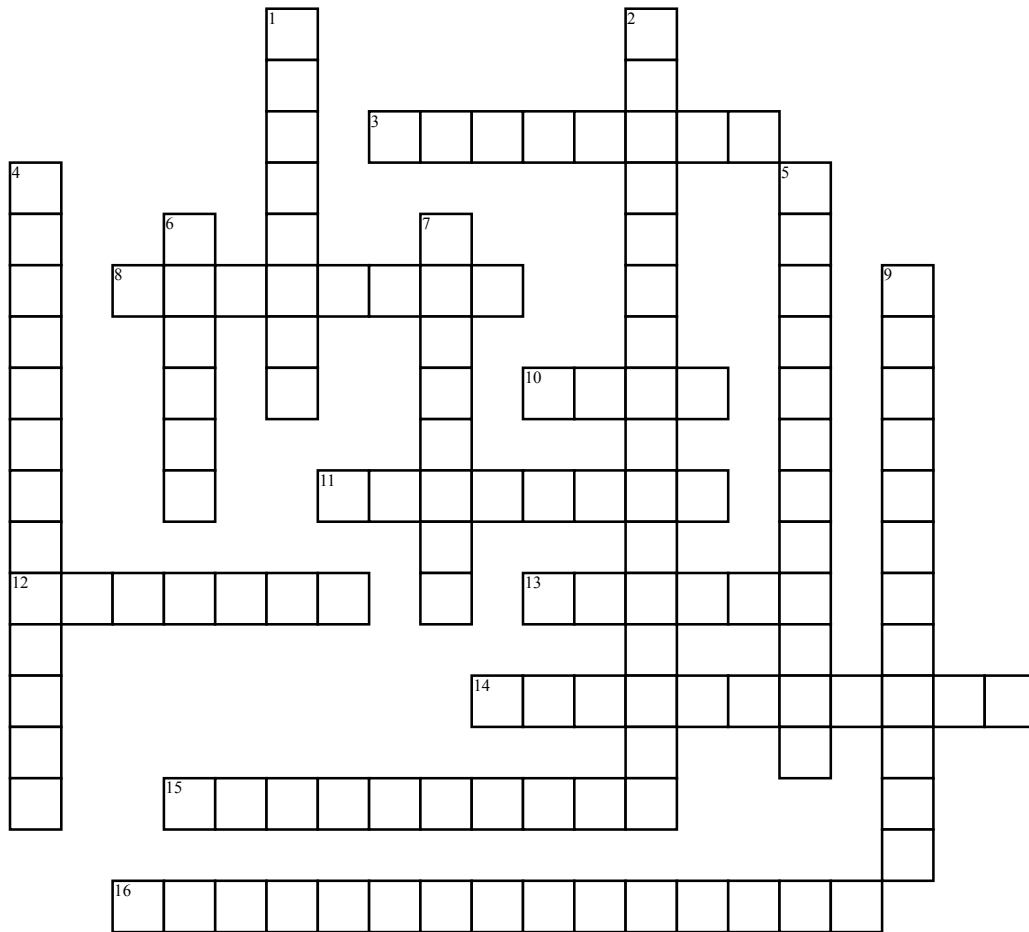


# Dealing with Stress & Anxiety



## Across

3. Negative stress  
 8. Anything that causes stress.  
 10. to deal with problems or difficulties  
 11. difficulty falling and/or staying asleep  
 12. is remedial treatment of mental or bodily disorder  
 13. s the response to a deeply distressing or disturbing event that overwhelms an individual

14. is a sudden episode of intense fear that triggers severe physical reactions when there is no real danger or apparent cause  
 15. a mood disorder that causes a persistent feeling of sadness and loss of interest  
 16. refers to specific psychiatric disorders that involve extreme fear or worry

## Down

1. Positive stress  
 2. suffering from a lack of sleep

4. Stress associated with long-term problems that are beyond a person's control  
 5. a person's condition with regard to their psychological and emotional well-being  
 6. a feeling of emotional or physical tension  
 7. a steroid hormone that helps the body respond to stress  
 9. The small area of the brain that receives a danger signal from other areas of the brain

## Word Bank

distress	chronic stress	therapy	sleep deprivation
cope	mental health	insomnia	stress
anxiety disorder	stressor	panic attack	depression
trauma	hypothalamus	eustress	cortisol