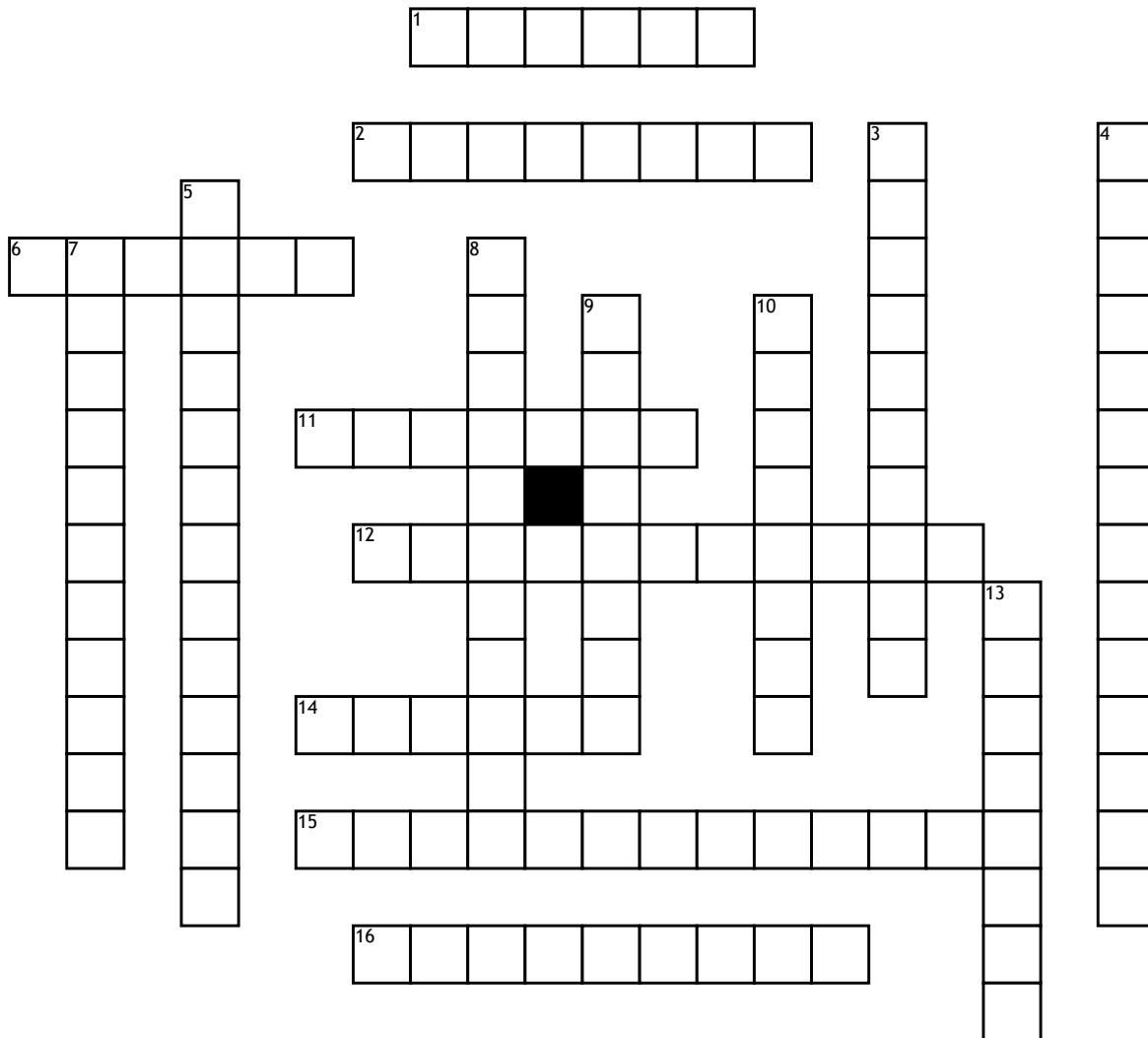


Name: \_\_\_\_\_

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

# Lessons 5 & 6



## Across

1. a deeply held idea that results from a person's interpretation of an event, experience, their past, etc.  
 2. a general mind set  
 6. a behavior that is prompted by the stress response, how people deal with day to day stress  
 11. people blame stress for their problems, but the real problem is the \_\_\_\_\_ they are making  
 12. one way we experience stress through a wide range of feelings such as anxiety and depression  
 14. defined as how you feel when life's demands exceed your ability to deal with those demands

15. a term that applies to the process of correcting errors in thinking

16. events and circumstances that provoke stress

## Down

3. we can experience stress \_\_\_\_\_ through headaches, stomach problems and even heart disease  
 4. a way to identify the destructive nature of their thought patterns in the clearest possible light  
 5. when our body remains in a constant state of tension

7. how you should listen to your thoughts

8. the \_\_\_\_\_ can also be a source of stress depending on the air quality, temperature, noise level, etc

9. the physical sensations we experience that can range from total joy to profound sadness

10. we can experience stress \_\_\_\_\_ through our thoughts that create worry, loss of sleep, etc.

13. words we silently say in our head that describe, interpret or convey a meaning or memory